



Crab Fritters with Herb Salad and Meyer Lemon Aioli

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon crème fraîche sour
- ☐ 1.5 teaspoons dijon mustard
- ☐ 2 large eggs separated
- ☐ 0.5 cup basil fresh packed ()
- ☐ 2 tablespoons chives fresh chopped
- ☐ 4 medium size mushroom caps fresh stemmed thinly sliced

- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon meyer lemon juice fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 0.5 cup parsley fresh italian packed ()
- ☐ 1 tablespoon shallots finely chopped
- ☐ 1 teaspoon sherry vinegar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place mayonnaise in small bowl.
- ☐ Whisk in lemon juice, lemon peel, mustard, and vinegar. Gradually whisk in oil. Season to taste with salt and pepper. (Can be made 1 day ahead. Cover; chill. Bring to room temperature before serving.)
- ☐ Whisk egg yolks and crème fraîche in small bowl to blend.
- ☐ Combine crabmeat, chives, shallot, and chopped parsley in medium bowl. Gently mix in mushrooms and yolk mixture. (Can be made 2 hours ahead. Cover crab mixture and chill.)
- ☐ Beat egg whites in medium bowl until stiff but not dry; fold into crab mixture. Melt butter in heavy large skillet over medium heat. For each fritter, drop 1/4 of crab mixture (about 1/2 cup) into skillet, spacing mounds apart.
- ☐ Sprinkle each with salt and pepper and flatten slightly. Cook fritters until bottoms are brown, about 3 minutes. Turn fritters over. Cook until bottoms are brown and fritters are cooked through, about 3 minutes longer. Meanwhile, whisk oil and lemon juice in medium bowl to blend. Season with salt and pepper.
- ☐ Mix in herbs.
- ☐ Transfer fritters to plates. Top each fritter with dollop of aioli.
- ☐ Place herb salad alongside and serve.

Nutrition Facts

PROTEIN 5.24% FAT 91.3% CARBS 3.46%

Properties

Glycemic Index:93.25, Glycemic Load:0.5, Inflammation Score:-7, Nutrition Score:11.427391259567%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 18.32mg, Apigenin: 18.32mg, Apigenin: 18.32mg, Apigenin: 18.32mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg, Myricetin: 1.26mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 332.03kcal (16.6%), Fat: 33.98g (52.28%), Saturated Fat: 7.15g (44.67%), Carbohydrates: 2.9g (0.97%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.12g (1.24%), Cholesterol: 114.06mg (38.02%), Sodium: 264.12mg (11.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Vitamin K: 205.31µg (195.54%), Vitamin A: 1200.6IU (24.01%), Vitamin C: 14.41mg (17.46%), Vitamin E: 2.39mg (15.9%), Selenium: 9.97µg (14.24%), Vitamin B2: 0.17mg (10.05%), Phosphorus: 85.58mg (8.56%), Folate: 33.52µg (8.38%), Iron: 1.31mg (7.28%), Vitamin B5: 0.72mg (7.18%), Vitamin B6: 0.11mg (5.66%), Manganese: 0.11mg (5.56%), Potassium: 163.21mg (4.66%), Vitamin B12: 0.27µg (4.47%), Zinc: 0.67mg (4.46%), Calcium: 41.29mg (4.13%), Vitamin D: 0.61µg (4.08%), Magnesium: 14.95mg (3.74%), Copper: 0.07mg (3.73%), Vitamin B3: 0.73mg (3.66%), Fiber: 0.89g (3.55%), Vitamin B1: 0.03mg (2.07%)