



Crab Fritters with Herb Salad and Meyer Lemon Aioli



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



333 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

- ☐ 1.5 teaspoons lemon zest finely grated
- ☐ 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

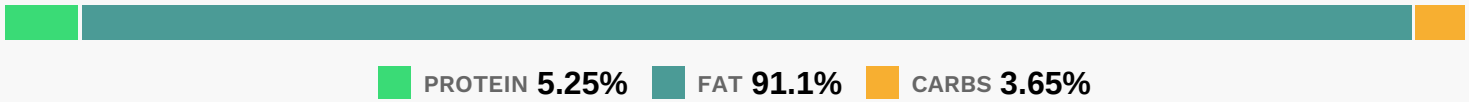
- ☐ bowl
- ☐ frying pan
- ☐ whisk

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



Properties

Glycemic Index:99.63, Glycemic Load:0.53, Inflammation Score:-7, Nutrition Score:11.514782584232%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 18.32mg, Apigenin: 18.32mg, Apigenin: 18.32mg, Apigenin: 18.32mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 332.57kcal (16.63%), Fat: 33.99g (52.29%), Saturated Fat: 7.15g (44.68%), Carbohydrates: 3.07g (1.02%), Net Carbohydrates: 2.13g (0.77%), Sugar: 1.16g (1.29%), Cholesterol: 114.06mg (38.02%), Sodium: 264.16mg (11.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.81%), Vitamin K: 205.31µg (195.54%), Vitamin A: 1201IU (24.02%), Vitamin C: 15.39mg (18.65%), Vitamin E: 2.39mg (15.92%), Selenium: 9.97µg (14.25%), Vitamin B2: 0.17mg (10.07%), Phosphorus: 85.88mg (8.59%), Folate: 33.72µg (8.43%), Iron: 1.32mg (7.34%), Vitamin B5: 0.72mg (7.22%), Vitamin B6: 0.11mg (5.73%), Manganese: 0.11mg (5.59%), Potassium: 165.76mg (4.74%), Vitamin B12: 0.27µg (4.47%), Zinc: 0.67mg (4.47%), Calcium: 41.77mg (4.18%), Vitamin D: 0.61µg (4.08%), Magnesium: 15.1mg (3.77%), Copper: 0.08mg (3.77%), Fiber: 0.94g (3.76%), Vitamin B3: 0.73mg (3.67%), Vitamin B1: 0.03mg (2.12%)