



Crab & Sweet Corn Cakes

READY IN



45 min.

SERVINGS



4

CALORIES



295 kcal

SIDE DISH

Ingredients

- ☐ 4 servings sriracha sweet (see note)
- ☐ 8 ounces crabmeat cooked
- ☐ 0.5 cup corn kernels canned drained
- ☐ 0.5 cup cornstarch
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh roughly chopped
- ☐ 2 spring onion thinly sliced
- ☐ 4 servings lime wedges

- ☐ 1 serrano chiles red finely chopped
- ☐ 0.7 cup crème fraîche sour

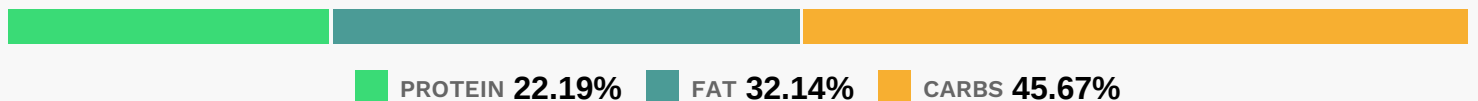
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Lightly mix the crab, green onions, chile and cilantro in a bowl and season with salt and freshly ground black pepper.
- ☐ Sift the flour and cornstarch into a separate bowl.
- ☐ Add 2/3 cup cold water and the eggs and whisk until smooth. Stir in the crab mixture and corn kernels. The mixture should have the consistency of heavy cream.
- ☐ Set up the outdoor grill for direct-heat cooking over medium-high heat.
- ☐ Place a griddle, plancha or piastra suitable for use on an outdoor grill on the grill to preheat. Grease the griddle with some oil. Spoon small amounts of the batter onto the griddle and cook for 3 minutes on each side or until golden.
- ☐ Serve with crème fraîche, sweet chile sauce and lime wedges.
- ☐ Thai-style sweet chile sauce can be found in the Asian section of large supermarkets.
- ☐ From My Grill: Outdoor Cooking Australian Style by Pete Evans. Text copyright © 2009 Peter Evans; photography copyright © 2009 Anson Smart. First published in 2009 by Murdoch Books Australia; first published in the United States in 2011 by Weldon Owen, a division of Bonnier.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:8.74, Inflammation Score:-5, Nutrition Score:14.696956499763%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 294.51kcal (14.73%), Fat: 10.38g (15.97%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 31.78g (11.56%), Sugar: 3.42g (3.8%), Cholesterol: 159.45mg (53.15%), Sodium: 652.94mg (28.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.25%), Selenium: 38.41µg (54.87%), Vitamin B12: 2.16µg (36.07%), Copper: 0.53mg (26.47%), Phosphorus: 236.8mg (23.68%), Folate: 82.06µg (20.52%), Vitamin B2: 0.32mg (18.79%), Zinc: 2.78mg (18.56%), Vitamin B3: 2.8mg (13.98%), Vitamin K: 13.77µg (13.12%), Vitamin B5: 1.18mg (11.83%), Calcium: 110.79mg (11.08%), Vitamin B1: 0.16mg (10.95%), Manganese: 0.2mg (10.18%), Vitamin E: 1.5mg (9.97%), Iron: 1.66mg (9.22%), Vitamin A: 449.1IU (8.98%), Magnesium: 35.08mg (8.77%), Vitamin B6: 0.17mg (8.39%), Potassium: 292.06mg (8.34%), Fiber: 1.42g (5.68%), Vitamin C: 4.66mg (5.65%), Vitamin D: 0.44µg (2.93%)