



Crab Tater Tots

READY IN



25 min.

SERVINGS



35

CALORIES



149 kcal

SIDE DISH

Ingredients

- 35 servings canola oil for deep-frying
- 1 large eggs
- 0.3 cup flour all-purpose
- 35 servings kosher salt
- 0.5 pound lump crab meat
- 35 servings panko bread crumbs for breading
- 1 cup potatoes mashed
- 2 tablespoons butter unsalted

Equipment

- frying pan
- paper towels
- sauce pan
- pot

Directions

- Watch how to make this recipe.
- In a small saucepan, combine the butter with 1/4 cup water over high heat. When the water comes to a simmer and the butter is melted, add the flour. Reduce the heat to medium and stir until the resulting paste pulls away from the sides of the pan, 1 to 2 minutes.
- Remove from the heat. Allow to cool for 5 minutes.
- Add the egg to the pan and stir vigorously until the egg is incorporated into the flour mixture. Stir in the mashed potatoes and let cool.
- Pour enough oil into a medium pot so that the oil comes 3 inches up the sides.
- Heat the oil to 350 degrees F.
- While the oil heats, gently fold the crab into the potato mixture; the lumpier the batter, the better. Using two soup spoons, shape the mixture into quenelles, or 2-inch footballs. (You should end up with about 35.)
- Roll in the panko. Deep-fry, working in batches and turning once, until crisp, brown, and heated through, 2 to 3 minutes.
- Drain on paper towels and season with salt.

Nutrition Facts



PROTEIN 4.56% **FAT 88.91%** **CARBS 6.53%**

Properties

Glycemic Index:4.54, Glycemic Load:1.26, Inflammation Score:-1, Nutrition Score:2.9395651959855%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 148.8kcal (7.44%), Fat: 14.89g (22.91%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.12g (0.13%), Cholesterol: 9.76mg (3.25%), Sodium: 257.78mg (11.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin E: 2.49mg (16.57%), Vitamin B12: 0.6µg (10.01%), Vitamin K: 10.23µg (9.74%), Selenium: 3.38µg (4.83%), Copper: 0.07mg (3.57%), Zinc: 0.44mg (2.96%), Phosphorus: 23.25mg (2.32%), Vitamin C: 1.64mg (1.98%), Folate: 7.21µg (1.8%), Vitamin B1: 0.02mg (1.66%), Vitamin B6: 0.03mg (1.57%), Manganese: 0.03mg (1.38%), Magnesium: 5.37mg (1.34%), Vitamin B3: 0.25mg (1.27%), Potassium: 43.6mg (1.25%), Vitamin B2: 0.02mg (1.17%), Iron: 0.2mg (1.12%)