



Crabcakes Plain and Simple with Orange Scented Cocktail Sauce

READY IN



210 min.

SERVINGS



8

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup breadcrumbs fresh white soft
- ☐ 1 tablespoon canola oil
- ☐ 1 pound dungeness crab meat fresh picked over cooked
- ☐ 1 eggs
- ☐ 0.3 cup bell pepper green minced seeded
- ☐ 3 tablespoon bottled horseradish drained
- ☐ 0.8 cup catsup
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 cup onion minced
- ☐ 2 tablespoon orange juice freshly squeezed
- ☐ 0.3 teaspoon orange zest
- ☐ 0.5 teaspoon all the tabasco sauce you handle
- ☐ 2 tablespoon butter unsalted

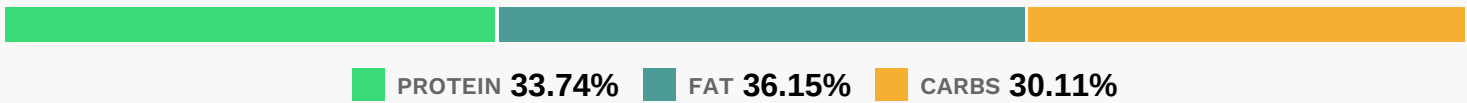
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place the crab meat in a cheese cloth lined colander set over a large bowl. Pull the cheese cloth tightly around the crab meat and squeeze out as much moisture as possible. Repeat the same process in a new piece of cheese cloth with the onion and green bell pepper. Discard the liquid. In the large bowl stir together the onion, bell pepper, egg, and ¼ teaspoon salt. Toss in the the breadcrumbs and crab, mix gently until well combined. Do not over mix, it should still be somewhat loose. Cover with plastic wrap and refrigerate for at least 3 hours, preferably overnight. Shape the crab mixture into 8 cakes about 1 inch thick. In a 12-inch nonstick skillet, heat the butter with canola oil over medium heat. When the butter is frothy, add the cakes to the pan (8 should fit comfortably). Cook until dark golden brown on the underside, about 4 minutes. Flip the cakes, reduce the heat to medium low, and continue cooking until the other side is well browned, 4 to 5 minutes more.
- ☐ Garnish with chives and cucumber slices (optional) and the cocktail sauce on the side.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:2.47, Inflammation Score:-4, Nutrition Score:12.556521711142%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 141.6kcal (7.08%), Fat: 5.74g (8.83%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 10.75g (3.58%), Net Carbohydrates: 10.19g (3.71%), Sugar: 6.25g (6.94%), Cholesterol: 51.8mg (17.27%), Sodium: 816.39mg (35.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.1%), Vitamin B12: 5.16µg (85.96%), Selenium: 24.01µg (34.3%), Copper: 0.56mg (28.19%), Zinc: 3.6mg (24%), Vitamin C: 12.8mg (15.52%), Phosphorus: 153mg (15.3%), Folate: 41.84µg (10.46%), Magnesium: 35.94mg (8.98%), Vitamin B6: 0.16mg (7.9%), Potassium: 232.2mg (6.63%), Vitamin B3: 1.29mg (6.43%), Vitamin B2: 0.11mg (6.3%), Vitamin A: 272.86IU (5.46%), Vitamin E: 0.81mg (5.38%), Calcium: 50.64mg (5.06%), Manganese: 0.1mg (4.86%), Vitamin B1: 0.07mg (4.48%), Iron: 0.76mg (4.22%), Vitamin B5: 0.35mg (3.52%), Vitamin K: 2.64µg (2.52%), Fiber: 0.56g (2.25%), Vitamin D: 0.16µg (1.08%)