



## Crabmeat Bites

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons celery finely chopped
- 1 pound backfin crabmeat fresh flaked drained
- 0.7 cup commercial cracker meal
- 0.3 cup breadcrumbs dry fine
- 0.5 teaspoon mustard dry
- 1 large eggs
- 0.5 teaspoon garlic minced
- 2 tablespoons juice of lemon

- 0.3 cup mayonnaise
- 2 tablespoons onion finely chopped
- 0.5 teaspoon paprika
- 2 tablespoons bell pepper red finely chopped
- 0.3 teaspoon salt
- 36 servings vegetable oil

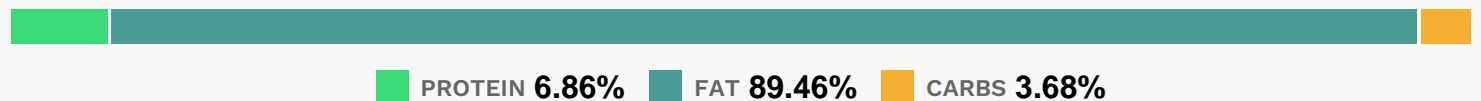
## Equipment

- bowl
- paper towels
- dutch oven

## Directions

- Combine crabmeat and next 10 ingredients in a large bowl, stirring well. Stir in dry breadcrumbs until crabmeat mixture holds shape when formed into a ball. Shape crabmeat mixture into balls using about 1 tablespoon of mixture per ball, and coat each ball evenly with cracker meal.
- Pour oil to depth of 3 inches into a Dutch oven; heat to 37
- Fry crabmeat balls, a few at a time, 2 minutes or until golden.
- Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:5.17, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:4.1713043885387%

## Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

0.03mg, Isorhamnetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 156.22kcal (7.81%), Fat: 15.69g (24.13%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.23g (0.25%), Cholesterol: 11.11mg (3.7%), Sodium: 149.06mg (6.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin K: 29.07µg (27.69%), Vitamin B12: 1.15µg (19.18%), Vitamin E: 1.27mg (8.47%), Selenium: 5.36µg (7.66%), Copper: 0.12mg (6.09%), Zinc: 0.79mg (5.29%), Phosphorus: 35.79mg (3.58%), Vitamin C: 1.94mg (2.35%), Folate: 8.61µg (2.15%), Magnesium: 7.27mg (1.82%), Vitamin B6: 0.03mg (1.35%), Vitamin B1: 0.02mg (1.3%), Vitamin B3: 0.26mg (1.28%), Vitamin B2: 0.02mg (1.14%), Iron: 0.2mg (1.14%), Manganese: 0.02mg (1.08%), Calcium: 10.4mg (1.04%), Potassium: 35.65mg (1.02%)