



Crawfish Cake Sliders

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons cooking oil
- 1 cup crawfish tails shelled
- 2 tablespoons bell pepper red chopped
- 0.5 teaspoon garlic chopped
- 8 servings creole seasoning
- 1 eggs
- 0.5 cup breadcrumbs
- 8 slider buns

8 servings tartar sauce

Equipment

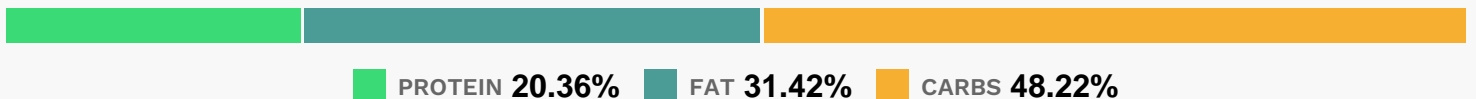
frying pan

mixing bowl

Directions

- In a saute pan heat 1 teaspoon oil, add chopped onion, red pepper and celery and cook until tender, about 2-3 minutes.
- Remove pan from heat and add garlic, crawfish meat, and 1 teaspoon Creole spice (or to taste).
- Transfer to a mixing bowl and set aside to cool.
- Mix in egg and enough bread crumbs for mixture to bind; adjust seasonings to taste with salt, pepper and Creole spice.
- Form into 8 equal patties and flatten to 3/4-inch thick.
- Heat remaining oil in a saute pan and cook cakes on both sides until brown and crispy.
- Serve with a dollop of tartar sauce.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:7.4513043478261%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 55.75%, Saltiness: 30.46%, Sourness: 3.53%, Bitterness: 1.82%, Savoriness: 16.96%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 188.05kcal (9.4%), Fat: 6.55g (10.07%), Saturated Fat: 0.67g (4.22%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 20.44g (7.43%), Sugar: 3.27g (3.64%), Cholesterol: 61.05mg (20.35%), Sodium: 93.3mg (4.06%), Protein: 9.55g (19.09%), Selenium: 13.72µg (19.6%), Vitamin A: 951.15IU (19.02%), Vitamin B12: 0.99µg (16.49%), Copper: 0.2mg (10.07%), Phosphorus: 100.22mg (10.02%), Iron: 1.8mg (10.02%), Vitamin E: 1.33mg (8.84%), Manganese: 0.17mg (8.73%), Fiber: 2.17g (8.66%), Vitamin B1: 0.09mg (5.98%), Calcium: 58.74mg (5.87%), Vitamin B6: 0.12mg (5.78%), Vitamin C: 4.73mg (5.74%), Vitamin B3: 1.14mg (5.72%), Vitamin B2: 0.1mg (5.7%), Vitamin K: 5.18µg (4.94%), Zinc: 0.67mg (4.44%), Magnesium: 16.75mg (4.19%), Folate: 16.31µg (4.08%), Potassium: 137.82mg (3.94%), Vitamin B5: 0.28mg (2.82%)