



## Creole Crab Burgers

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon ground pepper
- ☐ 1.8 cups breadcrumbs dry divided fine
- ☐ 0.8 teaspoon ground mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 4 hawaiian rolls split toasted
- ☐ 1 pound lump crab meat picked over
- ☐ 0.3 cup mayonnaise
- ☐ 3 spring onion thinly sliced

- ☐ 4 servings tartar sauce
- ☐ 0.8 cup vegetable oil
- ☐ 1 teaspoon worcestershire sauce

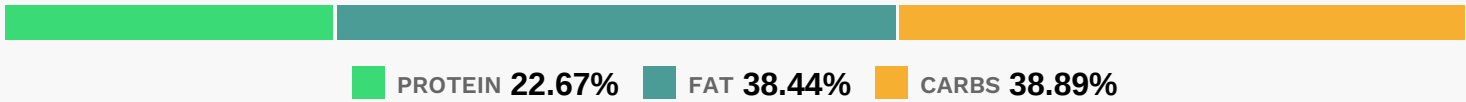
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

## Directions

- ☐ Stir together crabmeat, mayonnaise, scallions, egg, Worcestershire sauce, mustard, cayenne, 1/4 teaspoon salt, and 3/4 cup bread crumbs in a bowl until just combined. Form into 4 (1-inch-thick) patties (3 1/2 inches in diameter; patties will be soft but will firm up when fried).
- ☐ Spread remaining cup bread crumbs on a plate, then dredge patties in crumbs, knocking off excess, and transfer to a platter.
- ☐ Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then fry patties, turning over once, until golden, 5 to 6 minutes total.
- ☐ Transfer to paper towels to drain.
- ☐ Assemble burgers with buns and accompaniments.
- ☐ Patties can be formed, without bread-crumbs coating, 12 hours ahead and chilled, covered. Dredge in bread crumbs just before frying.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:13.08, Inflammation Score:-7, Nutrition Score:32.651739415915%

## Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 596.05kcal (29.8%), Fat: 25.06g (38.56%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 57.05g (19.02%), Net Carbohydrates: 53.8g (19.56%), Sugar: 6.64g (7.38%), Cholesterol: 100.08mg (33.36%), Sodium: 1640.68mg (71.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.26g (66.52%), Vitamin B12: 10.59µg (176.42%), Selenium: 69.91µg (99.87%), Copper: 1.24mg (61.93%), Vitamin K: 62.44µg (59.47%), Zinc: 8mg (53.31%), Vitamin B1: 0.76mg (50.37%), Phosphorus: 405.66mg (40.57%), Folate: 154.25µg (38.56%), Manganese: 0.75mg (37.29%), Vitamin B3: 6.29mg (31.43%), Iron: 4.95mg (27.47%), Vitamin B2: 0.44mg (25.85%), Magnesium: 91.24mg (22.81%), Calcium: 218.38mg (21.84%), Vitamin B6: 0.29mg (14.51%), Fiber: 3.25g (13.01%), Vitamin C: 10.62mg (12.88%), Potassium: 441.77mg (12.62%), Vitamin E: 1.57mg (10.49%), Vitamin B5: 0.88mg (8.84%), Vitamin A: 300.95IU (6.02%), Vitamin D: 0.28µg (1.85%)