



Crisp Crab Cakes

READY IN



60 min.

SERVINGS



8

CALORIES



109 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound crab claw meat picked over
- 2 teaspoons dijon mustard
- 1 large eggs lightly beaten
- 1 Dash hot sauce
- 8 servings kosher salt and pepper freshly ground
- 1 tablespoon juice of lemon fresh for serving
- 2 tablespoons nonfat milk
- 0.5 teaspoon old bay seasoning
- 1 tablespoon olive oil extra-virgin

- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.5 cup bell pepper red finely chopped
- 2 scallions thinly sliced
- 1 teaspoon worcestershire sauce

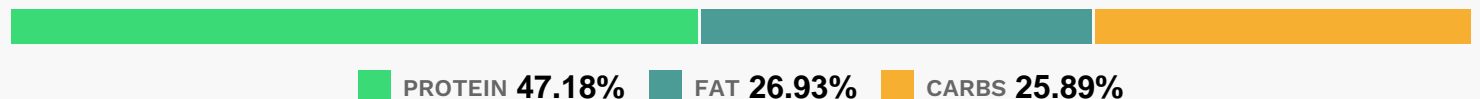
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- Add the scallions and bell pepper and cook until they begin to soften, about 2 minutes. Cool slightly.
- Mix 1/2 cup panko, the egg and milk in a small bowl. In a medium bowl, whisk the Worcestershire sauce, mustard, lemon juice, Old Bay and hot sauce; fold in the crabmeat, panko mixture, scallionbell pepper mixture, 1/4 teaspoon salt and a pinch of pepper. Shape into 8 patties and refrigerate 30 minutes. Coat the crab cakes with the remaining 1/2 cup panko.
- Heat the remaining 1 tablespoon olive oil in the skillet over medium-high heat. Mist the crab cakes with cooking spray and cook, sprayed-side down, 3 to 4 minutes. Spray the tops, flip and cook 3 to 4 more minutes.
- Serve with lemon wedges.
- Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:19.34, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:13.38260867803%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 108.58kcal (5.43%), Fat: 3.18g (4.89%), Saturated Fat: 0.59g (3.72%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 6.14g (2.23%), Sugar: 1.28g (1.42%), Cholesterol: 47.18mg (15.73%), Sodium: 757.9mg (32.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Vitamin B12: 5.21µg (86.78%), Selenium: 25µg (35.71%), Copper: 0.55mg (27.74%), Zinc: 3.63mg (24.2%), Vitamin C: 17.56mg (21.28%), Phosphorus: 158.78mg (15.88%), Folate: 42.71µg (10.68%), Vitamin K: 9.27µg (8.83%), Magnesium: 35.06mg (8.76%), Vitamin A: 381.69IU (7.63%), Vitamin B1: 0.11mg (7.48%), Vitamin B6: 0.14mg (6.99%), Vitamin B3: 1.26mg (6.28%), Manganese: 0.12mg (6.04%), Vitamin B2: 0.1mg (5.93%), Iron: 1.02mg (5.65%), Calcium: 54.52mg (5.45%), Potassium: 184.54mg (5.27%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.5mg (3.31%), Fiber: 0.73g (2.92%), Vitamin D: 0.17µg (1.11%)