



Crispy Crab Cakes with Mango-Pineapple Salsa

READY IN



38 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 pound lump crab drained
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups panko bread crumbs divided (Japanese breadcrumbs)

- ☐ 1 roasted bell pepper red chopped
- ☐ 8 servings mango–pineapple salsa
- ☐ 0.1 teaspoon paprika smoked

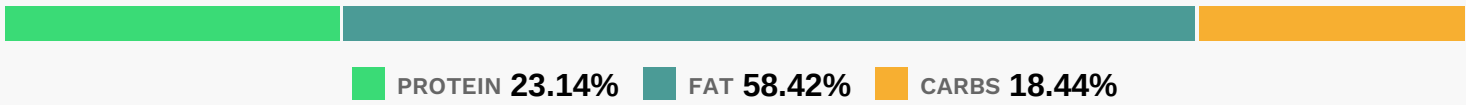
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a large bowl. Gently fold in crab and 1/2 cup panko.
- ☐ Shape crab mixture into 8 cakes; carefully dredge patties in remaining 1 cup panko.
- ☐ Heat 1 tablespoon melted butter and 1 tablespoon oil in a large nonstick skillet over medium heat.
- ☐ Add 4 crab cakes to pan, and cook 2 minutes on each side or until golden. Repeat with remaining butter, oil, and crab cakes.
- ☐ Serve immediately with Mango–Pineapple Salsa.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:14.538695623045%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 231.58kcal (11.58%), Fat: 14.97g (23.04%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 10.63g (3.54%), Net Carbohydrates: 9.42g (3.43%), Sugar: 2.02g (2.25%), Cholesterol: 58.51mg (19.5%), Sodium: 934.09mg (40.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.35g (26.69%), Vitamin B12: 5.22µg (86.92%), Selenium: 26.37µg (37.68%), Copper: 0.59mg (29.31%), Zinc: 3.72mg (24.79%), Vitamin K: 20.51µg (19.54%), Phosphorus: 170.74mg (17.07%), Folate: 43.01µg (10.75%), Vitamin B1: 0.15mg (10.13%), Magnesium: 39.66mg

(9.91%), Vitamin E: 1.37mg (9.14%), Vitamin B3: 1.77mg (8.86%), Vitamin B6: 0.18mg (8.84%), Manganese: 0.18mg (8.82%), Vitamin C: 6.95mg (8.43%), Vitamin A: 351.14IU (7.02%), Potassium: 242.09mg (6.92%), Iron: 1.23mg (6.84%), Vitamin B2: 0.11mg (6.74%), Calcium: 63.85mg (6.39%), Fiber: 1.21g (4.85%), Vitamin B5: 0.45mg (4.48%)