



Crunchy Crab Cake Spiders

READY IN



32 min.

SERVINGS



12

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4 tablespoons butter
- 1 cup soda crackers crushed
- 1 large eggs lightly beaten
- 0.5 cup green onion minced
- 1 teaspoon juice of lemon fresh
- 1 pound lump crab meat
- 1 cup mayonnaise
- 2 tablespoons mayonnaise

- 1 tablespoon paprika
- 1 cup bell pepper red minced for garnish thin
- 0.3 teaspoon salt
- 1 pinch salt and pepper black freshly ground
- 1 tablespoon vegetable oil
- 0.3 teaspoon wasabi powder
- 0.3 cup water chestnuts minced

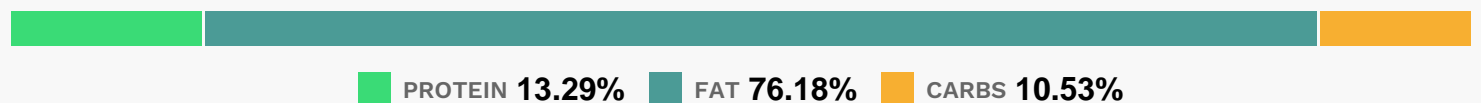
Equipment

- bowl
- frying pan

Directions

- In a large bowl, combine the crabmeat, bell pepper, green onions, and water chestnuts.
- Add the egg, mayonnaise, lemon juice, wasabi powder, salt, and pepper, and stir gently to combine. Gently stir in the crushed crackers. Form the mixture into 12 equal patties.
- In a large skillet, melt 2 tablespoons of the butter, and 1 tablespoon vegetable oil over medium heat.
- Add 6 crab cakes, and cook until golden brown, about 3 to 4 minutes per side. Repeat the process with the remaining 2 tablespoons butter and remaining 6 crab cakes. Arrange them on a serving platter.
- Garnish with red bell pepper strips to make spider legs, if desired.
- Serve immediately with the Mayonnaise Sauce.
- Combine all of the ingredients in a small serving bowl.

Nutrition Facts



Properties

Glycemic Index:24.42, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:12.526521840821%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 258.49kcal (12.92%), Fat: 21.88g (33.66%), Saturated Fat: 5.31g (33.2%), Carbohydrates: 6.81g (2.27%), Net Carbohydrates: 5.87g (2.14%), Sugar: 1.08g (1.2%), Cholesterol: 50.23mg (16.74%), Sodium: 590.76mg (25.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Vitamin B12: 3.48µg (57.96%), Vitamin K: 47.93µg (45.65%), Vitamin C: 19.59mg (23.75%), Selenium: 16.3µg (23.28%), Copper: 0.38mg (19.07%), Vitamin A: 879.83IU (17.6%), Zinc: 2.48mg (16.54%), Phosphorus: 110.65mg (11.07%), Vitamin E: 1.43mg (9.52%), Folate: 36.78µg (9.2%), Vitamin B6: 0.13mg (6.69%), Magnesium: 24.53mg (6.13%), Manganese: 0.11mg (5.44%), Vitamin B2: 0.09mg (5.43%), Iron: 0.97mg (5.41%), Vitamin B3: 1.03mg (5.13%), Vitamin B1: 0.07mg (4.87%), Potassium: 157.93mg (4.51%), Fiber: 0.94g (3.74%), Vitamin B5: 0.33mg (3.34%), Calcium: 29.42mg (2.94%)