



 **10%**  
HEALTH SCORE

## Curried Corn-Crab Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 teaspoon curry powder
- 10 tablespoon breadcrumbs dry divided
- 2 large egg whites
- 3 tablespoons cilantro leaves fresh minced
- 0.8 cup ears corn fresh ( 2 ears)
- 2 tablespoons mint leaves fresh chopped
- 1 garlic clove minced
- 2 tablespoons juice of lime fresh

- 8 servings lime wedges
- 0.3 cup mayonnaise low-fat
- 1 tablespoon soy sauce low-sodium
- 1 pound lump crab meat
- 0.3 cup onion finely chopped
- 0.3 cup bell pepper diced red
- 4 teaspoons vegetable oil

## Equipment

- bowl
- frying pan

## Directions

- Heat a large nonstick skillet over medium-high heat.
- Add first 5 ingredients; saute 4 minutes or until vegetables are soft.
- Place mixture in a large bowl; cool completely. Stir in crabmeat; set aside.
- Combine mayonnaise and the next 5 ingredients (mayonnaise through egg whites) in a small bowl. Gently fold mayonnaise mixture into crab mixture. Stir in 7 tablespoons breadcrumbs. Divide mixture into 8 (3/4-inch-thick) patties. Dredge patties in 3 tablespoons breadcrumbs.
- Heat oil in pan over medium-high heat.
- Place patties in pan; cook 4 minutes. Turn patties, and cover pan; cook 4 minutes or until done.
- Serve with lime wedges.

## Nutrition Facts

 **PROTEIN 34.1%**  **FAT 31.02%**  **CARBS 34.88%**

## Properties

Glycemic Index:19.75, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:14.196956541227%

## Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## **Nutrients (% of daily need)**

Calories: 162.55kcal (8.13%), Fat: 5.58g (8.59%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 14.13g (4.71%), Net Carbohydrates: 12.9g (4.69%), Sugar: 2.52g (2.8%), Cholesterol: 25.31mg (8.44%), Sodium: 731.49mg (31.8%), Alcohol: 0g (100%), Protein: 13.81g (27.62%), Vitamin B12: 5.15µg (85.9%), Selenium: 25.89µg (36.98%), Copper: 0.58mg (28.88%), Zinc: 3.69mg (24.6%), Phosphorus: 168.21mg (16.82%), Vitamin C: 13.21mg (16.01%), Folate: 50.88µg (12.72%), Vitamin B1: 0.18mg (11.76%), Magnesium: 43.53mg (10.88%), Vitamin K: 10.89µg (10.37%), Manganese: 0.21mg (10.32%), Vitamin B3: 1.81mg (9.07%), Vitamin B2: 0.13mg (7.86%), Vitamin B6: 0.15mg (7.3%), Iron: 1.21mg (6.7%), Potassium: 234.11mg (6.69%), Calcium: 57.71mg (5.77%), Vitamin A: 258.31IU (5.17%), Fiber: 1.23g (4.91%), Vitamin B5: 0.43mg (4.27%), Vitamin E: 0.53mg (3.55%)