

Curried Crab Cakes

READY IN



45 min.

SERVINGS



12

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons butter divided
- ☐ 0.5 cup celery chopped
- ☐ 2 teaspoons curry powder
- ☐ 1.3 cups breadcrumbs dry divided
- ☐ 0.3 teaspoon ground mustard dry
- ☐ 1 large eggs lightly beaten
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons ginger minced peeled

- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.3 cup mayonnaise light
- ☐ 1 pound lump crab meat
- ☐ 1 cup onion minced
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add the onion, bell pepper, and celery; cover, reduce heat to medium-low, and cook for 10 minutes, stirring occasionally.
- ☐ Add the curry powder mixture, ginger, and garlic; cook, uncovered, 5 minutes, stirring frequently. Spoon mixture into a large bowl; cool. Wipe skillet clean with a paper towel.
- ☐ Add 3/4 cup breadcrumbs, mayonnaise, rind, crabmeat, and egg to onion mixture; stir well. Divide crabmeat mixture into 24 equal portions, shaping each into a 1/2-inch-thick patty.
- ☐ Place remaining breadcrumbs in a shallow dish; dredge crab cakes in breadcrumbs.
- ☐ Melt 2 teaspoons butter in pan over medium heat.
- ☐ Add 8 patties, and cook 2 minutes on each side or until browned.
- ☐ Remove the crab cakes from pan, and keep warm. Repeat procedure with remaining butter and patties.
- ☐ Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:11.155217380627%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 121.32kcal (6.07%), Fat: 4.28g (6.58%), Saturated Fat: 1.69g (10.53%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 9.87g (3.59%), Sugar: 2.05g (2.28%), Cholesterol: 37.14mg (12.38%), Sodium: 559.45mg (24.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Vitamin B12: 3.48µg (58.04%), Selenium: 18.3µg (26.14%), Vitamin C: 20.02mg (24.27%), Copper: 0.4mg (19.76%), Zinc: 2.55mg (17.01%), Phosphorus: 121.11mg (12.11%), Folate: 41.32µg (10.33%), Vitamin A: 513.38IU (10.27%), Vitamin B1: 0.14mg (9.53%), Manganese: 0.18mg (8.99%), Magnesium: 28.62mg (7.16%), Vitamin B6: 0.14mg (7.07%), Vitamin B3: 1.34mg (6.69%), Vitamin B2: 0.1mg (5.87%), Iron: 1.05mg (5.85%), Vitamin K: 5.74µg (5.47%), Calcium: 49.48mg (4.95%), Potassium: 172.62mg (4.93%), Fiber: 1.22g (4.89%), Vitamin E: 0.5mg (3.35%), Vitamin B5: 0.33mg (3.33%)