



Down-Home Crab Cakes

READY IN



145 min.

SERVINGS



25

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 0.3 cup butter ()
- 12 oz crab meat flaked drained well canned
- 1 eggs lightly beaten
- 2 Tbsp green onion
- 0.3 cup miracle whip dressing
- 1 cup seasoned bread crumbs dry divided

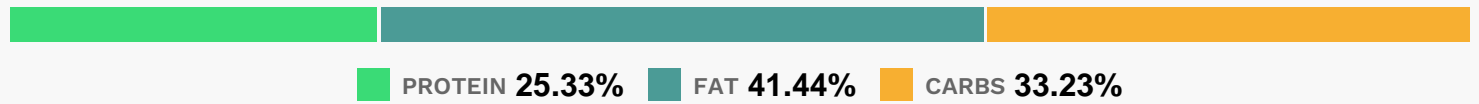
Equipment

frying pan

Directions

- Mix crabmeat, 1/4 cup of the bread crumbs, the mayo, egg, barbecue sauce and onion until well blended; cover. Refrigerate 2 hours.
- Shape crabmeat mixture into 8 patties; coat with remaining 3/4 cup bread crumbs. Spray each patty on both sides with cooking spray.
- Melt butter in large skillet on medium heat.
- Add patties; cook 4 to 5 min. on each side or until firm and golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:1.28, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.0969565556101%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 53.87kcal (2.69%), Fat: 2.46g (3.78%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.11g (1.5%), Sugar: 1.09g (1.22%), Cholesterol: 20.1mg (6.7%), Sodium: 205.52mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.77%), Selenium: 7.58µg (10.83%), Vitamin B12: 0.49µg (8.13%), Copper: 0.13mg (6.26%), Phosphorus: 44.96mg (4.5%), Zinc: 0.61mg (4.09%), Folate: 13.84µg (3.46%), Vitamin B3: 0.68mg (3.41%), Vitamin B1: 0.05mg (3.38%), Vitamin K: 3.27µg (3.12%), Manganese: 0.06mg (3.01%), Vitamin B2: 0.04mg (2.51%), Vitamin E: 0.37mg (2.43%), Calcium: 23.78mg (2.38%), Vitamin A: 110.42IU (2.21%), Vitamin B5: 0.2mg (1.97%), Iron: 0.35mg (1.97%), Magnesium: 7.66mg (1.91%), Vitamin B6: 0.03mg (1.7%), Potassium: 55.86mg (1.6%), Fiber: 0.32g (1.3%)