



## Dungeness Crab Cakes

 Popular

READY IN



100 min.

SERVINGS



12

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 pound lump crab meat (try not to break up the lumps of crabmeat as you pick through it)
- ☐ 0.3 cup butter unsalted divided
- ☐ 0.5 cup shallots chopped
- ☐ 1 teaspoon kosher salt
- ☐ 2 large eggs
- ☐ 1.5 teaspoons worcestershire sauce
- ☐ 1 teaspoon paprika sweet
- ☐ 0.5 teaspoon pepper black freshly ground

- ☐ 2 tablespoons tartar sauce prepared
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 teaspoon all the tabasco sauce you handle
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 4 slices bread white
- ☐ 0.7 cup breadcrumbs fresh

## Equipment

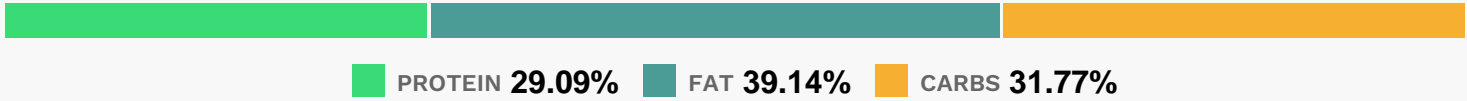
- ☐ frying pan
- ☐ whisk
- ☐ wax paper

## Directions

- ☐ Heat one tablespoon of butter in a small skillet over medium high heat.
- ☐ Add the shallots and a half teaspoon of salt.
- ☐ Cook until the shallots are translucent, a couple minutes. Do not brown.
- ☐ Let the shallots cool.
- ☐ Whisk together the eggs, Worcestershire sauce, remaining half teaspoon of salt, paprika, freshly ground black pepper, tartar sauce, lemon zest, Tabasco, parsley, and the cooked shallots.
- ☐ Gently fold in the crabmeat and torn bread, taking care again to not break up the lumps of crab meat. The mixture will be very wet.
- ☐ Form the crab cakes: Using your clean hands, take a scoop of the crab mixture and gently form it into a patty form about 2 1/4 inches across and 3/4 inches thick. Continue until you've made 12 crab cakes.
- ☐ Coat with breadcrumbs: Line a rimmed tray with a piece of wax paper just large enough to hold the cakes, and sprinkle the bottom of the tray with half of the bread crumbs.
- ☐ Set the crab cakes in one layer on the top of the layer of breadcrumbs and sprinkle them with the remaining breadcrumbs.
- ☐ Chill: Cover the crab cakes loosely with another sheet of wax paper and chill in the refrigerator for at least one hour.

- ☐
- Heat the remaining 3 tablespoons of butter in a large nonstick skillet on medium-high heat until the butter melts and foams up.
- ☐
- When the foam subsides, working in batches, place the crab cakes in the pan (do not crowd the pan), and cook until golden brown, about 3 minutes on each side.

Nutrition Facts



Properties

Glycemic Index:15.31, Glycemic Load:3.35, Inflammation Score:-4, Nutrition Score:10.55434783127%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 137.73kcal (6.89%), Fat: 5.93g (9.12%), Saturated Fat: 2.96g (18.47%), Carbohydrates: 10.83g (3.61%), Net Carbohydrates: 9.92g (3.61%), Sugar: 1.84g (2.04%), Cholesterol: 57.22mg (19.07%), Sodium: 636.14mg (27.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.83%), Vitamin B12: 3.51µg (58.43%), Selenium: 19.97µg (28.53%), Copper: 0.4mg (19.76%), Zinc: 2.58mg (17.21%), Phosphorus: 127.59mg (12.76%), Vitamin K: 13.32µg (12.69%), Folate: 41.03µg (10.26%), Vitamin B1: 0.13mg (8.55%), Manganese: 0.17mg (8.33%), Magnesium: 27.57mg (6.89%), Iron: 1.19mg (6.62%), Vitamin B3: 1.27mg (6.37%), Vitamin A: 316.37IU (6.33%), Vitamin B2: 0.11mg (6.29%), Vitamin B6: 0.13mg (6.29%), Calcium: 58.87mg (5.89%), Vitamin C: 4.76mg (5.76%), Potassium: 160.91mg (4.6%), Vitamin B5: 0.38mg (3.82%), Fiber: 0.91g (3.64%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.24µg (1.58%)