



Dungeness Crab Cakes with Orange Butter Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings orange butter sauce
- ☐ 1 pound dungeness crabmeat fresh
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 tablespoons green onions finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup milk
- ☐ 4 servings orange zest fresh shredded sweet red grated julienned
- ☐ 2 cups panko bread crumbs Japanese bread crumbs

- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1.5 tablespoons pickled ginger finely chopped
- ☐ 1.5 tablespoons bell pepper sweet red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil
- ☐ 2 slices bread white

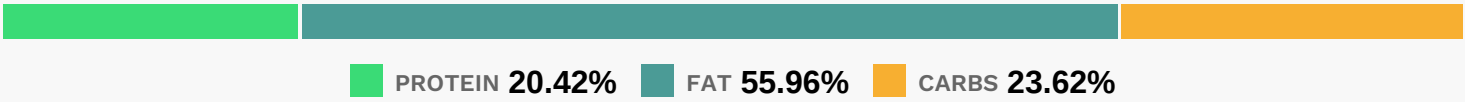
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Pour milk over bread in a small bowl.
- ☐ Stir together crabmeat and next 7 ingredients in a medium bowl. Squeeze milk from bread, discarding excess milk.
- ☐ Add bread to crabmeat mixture, and toss gently.
- ☐ Shape mixture into 8 patties; dredge in panko. Press additional panko onto each cake. Cover and chill at least 2 hours or overnight.
- ☐ Heat 1/4 cup oil in a large skillet over medium-high heat until hot; add 4 patties, and fry 3 to 4 minutes on each side or until golden. Repeat procedure with remaining oil and patties.
- ☐ Place crab cakes on a large baking sheet.
- ☐ Bake at 425 for 5 minutes.
- ☐ Spoon Orange Butter Sauce evenly onto serving plates.
- ☐ Place crab cakes over sauce.
- ☐ Garnish, if desired.
- ☐ * Panko (coarse breadcrumbs) can be found in Asian Markets. Fresh lump crabmeat may be substituted for Dungeness crabmeat.

Nutrition Facts



Properties

Glycemic Index:80.94, Glycemic Load:4.96, Inflammation Score:-7, Nutrition Score:29.083912859792%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 567.04kcal (28.35%), Fat: 34.93g (53.74%), Saturated Fat: 7.94g (49.6%), Carbohydrates: 33.16g (11.05%), Net Carbohydrates: 29.98g (10.9%), Sugar: 3.77g (4.18%), Cholesterol: 118.47mg (39.49%), Sodium: 1753.03mg (76.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.36%), Vitamin B12: 10.55µg (175.78%), Selenium: 56.74µg (81.06%), Vitamin K: 63.14µg (60.13%), Copper: 1.18mg (59.01%), Zinc: 7.63mg (50.88%), Phosphorus: 365.57mg (36.56%), Vitamin C: 29.43mg (35.67%), Vitamin B1: 0.44mg (29.19%), Folate: 110.58µg (27.64%), Manganese: 0.43mg (21.63%), Magnesium: 81.7mg (20.42%), Vitamin B3: 4.06mg (20.29%), Calcium: 185.45mg (18.55%), Vitamin B2: 0.3mg (17.8%), Iron: 3.01mg (16.72%), Vitamin B6: 0.29mg (14.64%), Fiber: 3.19g (12.74%), Vitamin E: 1.78mg (11.89%), Potassium: 415.76mg (11.88%), Vitamin B5: 1.02mg (10.16%), Vitamin A: 445.41IU (8.91%), Vitamin D: 0.47µg (3.16%)