



Eggplant Crab Cakes

READY IN



45 min.

SERVINGS



8

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups bread crumbs soft divided
- ☐ 6 rib celery chopped
- ☐ 0.3 cup cooking wine dry white divided
- ☐ 2 medium eggplant
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 5 garlic cloves chopped
- ☐ 1 leek chopped
- ☐ 1 sprigs garnishes: lemon wedges red
- ☐ 2 pounds lump crab meat fresh divided

- ☐ 1 tablespoon marjoram leaves fresh
- ☐ 2.5 tablespoons olive oil divided
- ☐ 1 medium onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 1 pickled pepperoncini pepper diced
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 1 cup water

Equipment

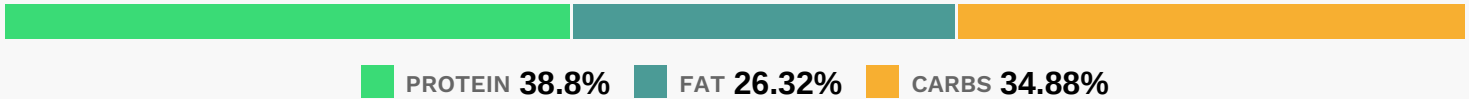
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Drain crabmeat, removing any bits of shell or cartilage; set aside.
- ☐ Cut eggplant in half lengthwise and sprinkle with salt.
- ☐ Place, cut side down, in a 9- x 13-inch baking pan; add 1 cup water.
- ☐ Bake, covered, at 400 for 40 minutes or until tender; set aside.
- ☐ Saut onion and garlic in 1 tablespoon hot olive oil in a large non-stick skillet 5 minutes or until tender.
- ☐ Add 1/4 cup wine, celery, and next 3 ingredients. Bring to a boil, reduce heat, and simmer until liquid evaporates, stirring occasionally, about 10 to 12 minutes. Set aside.
- ☐ Spoon pulp from eggplant, discarding peel. Pulse eggplant and vegetable mixture in a food processor 4 times or until coarsely chopped. Do not overprocess.
- ☐ Heat 1 1/2 teaspoons oil in a large skillet.

- ☐ Add 1 pound crabmeat and remaining wine; bring to a boil.
- ☐ Add eggplant mixture, pepperoncini, salt, and pepper, tossing gently.
- ☐ Remove from heat and cool.
- ☐ Add 1 cup bread crumbs and cheese; toss gently.
- ☐ Shape into 8 (3 1/2-inch) patties; dredge in remaining bread crumbs.
- ☐ Cook 4 patties in 1 1/2 teaspoons hot oil in a large skillet 3 to 4 minutes per side, until golden brown. Repeat procedure with remaining oil and patties.
- ☐ Serve with remaining crabmeat.
- ☐ Garnish, if desired.
- ☐ *Note: Softbread crumbs are made by placing bread slices in a food processor or blender processing. Store in an airtight container in the refrigerator for one week or up to six months in freezer.

Nutrition Facts



Properties

Glycemic Index:41.56, Glycemic Load:2.01, Inflammation Score:-9, Nutrition Score:25.517826264967%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 280.55kcal (14.03%), Fat: 7.99g (12.29%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 18.95g (6.89%), Sugar: 6.24g (6.93%), Cholesterol: 53.06mg (17.69%), Sodium: 1625.26mg (70.66%), Alcohol: 1.03g (100%), Alcohol %: 0.4% (100%), Protein: 26.5g (53%), Vitamin B12: 10.35µg (172.49%),

Selenium: 48.53µg (69.33%), Copper: 1.22mg (61.12%), Zinc: 7.54mg (50.29%), Phosphorus: 357.51mg (35.75%), Manganese: 0.63mg (31.46%), Folate: 104.51µg (26.13%), Magnesium: 89.35mg (22.34%), Fiber: 4.88g (19.51%), Vitamin C: 15.22mg (18.45%), Vitamin B1: 0.28mg (18.44%), Vitamin B6: 0.37mg (18.35%), Potassium: 605.12mg (17.29%), Vitamin K: 17.95µg (17.09%), Calcium: 169.15mg (16.91%), Vitamin B3: 3.22mg (16.12%), Iron: 2.32mg (12.89%), Vitamin B2: 0.2mg (11.56%), Vitamin B5: 0.89mg (8.9%), Vitamin E: 1.13mg (7.55%), Vitamin A: 360.9IU (7.22%)