



Fabienne's 'Black-Eyed' Crab Cakes

READY IN



70 min.

SERVINGS



12

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup black-eyed peas canned rinsed drained
- ☐ 16 ounce crab meat drained canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 eggs
- ☐ 1 lemon zest
- ☐ 1 tablespoon mayonnaise
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 cup olive oil
- ☐ 1 teaspoon onion powder

- ☐ 1 cup panko bread crumbs
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 teaspoon seafood seasoning old bay® (such as)

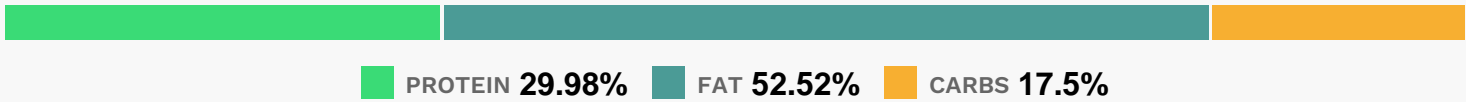
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk lemon zest, mustard powder, seafood seasoning, onion powder, and cayenne pepper together in a bowl.
- ☐ Add black-eyed peas to lemon zest mixture and smash with a fork until mixture is crumbly. Stir egg and mayonnaise into pea mixture; gently fold in crab meat and Parmesan cheese until combined.
- ☐ Form pea mixture into 5-ounce patties.
- ☐ Pour bread crumbs into a shallow bowl and press patties into bread crumbs, coating both sides.
- ☐ Place patties on a plate and refrigerate until chilled, at least 30 minutes.
- ☐ Heat olive oil in a skillet over medium heat; fry patties until golden brown, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:7.7634782272836%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 123.61kcal (6.18%), Fat: 7.15g (11%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 4.7g (1.71%), Sugar: 0.54g (0.6%), Cholesterol: 53.21mg (17.74%), Sodium: 311.15mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.38%), Selenium: 20.11µg (28.73%), Vitamin B12: 1.35µg (22.46%), Copper: 0.34mg (17.06%), Phosphorus: 131.65mg (13.17%), Zinc: 1.77mg (11.79%), Vitamin E: 1.48mg (9.84%), Folate: 37.23µg (9.31%), Calcium: 74.92mg (7.49%), Vitamin B3: 1.42mg (7.09%), Vitamin K: 6.59µg (6.27%), Manganese: 0.12mg (5.93%), Magnesium: 21.03mg (5.26%), Vitamin B2: 0.09mg (5.07%), Vitamin B5: 0.5mg (4.96%), Vitamin B1: 0.07mg (4.8%), Vitamin B6: 0.08mg (4.22%), Iron: 0.74mg (4.13%), Potassium: 137.08mg (3.92%), Fiber: 0.66g (2.66%), Vitamin C: 2.01mg (2.44%), Vitamin A: 68.08IU (1.36%)