



Faidley's Crab Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup saltines crushed (20 crackers)
- ☐ 1 quart vegetable oil
- ☐ 1 tablespoon worcestershire sauce

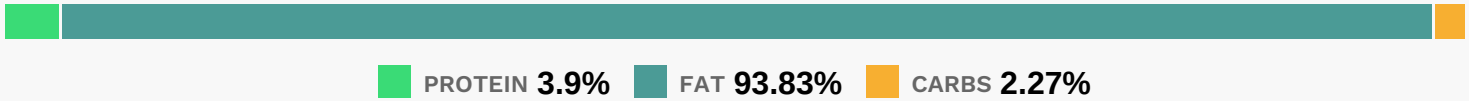
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wax paper

Directions

- ☐ Stir together first 5 ingredients; fold in crabmeat and saltines.
- ☐ Let stand 3 minutes.
- ☐ Shape mixture into 8 patties.
- ☐ Place on a wax paper-lined baking sheet; cover and chill 1 hour.
- ☐ Fry crab cakes, in batches, in hot oil in a large skillet over medium-high heat 3 to 4 minutes on each side or until golden.
- ☐ Drain on paper towels.
- ☐ Serve with tartar sauce, if desired.
- ☐ Note: To saut crab cakes, cook in 3 tablespoons butter or oil in a large nonstick skillet 3 to 4 minutes on each side or until golden.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:18.709999955219%

Nutrients (% of daily need)

Calories: 1236.87kcal (61.84%), Fat: 130.52g (200.8%), Saturated Fat: 20.07g (125.47%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.79g (2.47%), Sugar: 0.46g (0.51%), Cholesterol: 52.94mg (17.65%), Sodium: 708.97mg (30.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.2g (24.4%), Vitamin K: 242.66µg (231.1%), Vitamin B12: 5.18µg (86.39%), Vitamin E: 10.31mg (68.74%), Selenium: 24.43µg (34.9%), Copper: 0.55mg (27.39%), Zinc: 3.55mg (23.68%), Phosphorus: 151.74mg (15.17%), Folate: 40.63µg (10.16%), Magnesium: 31.87mg (7.97%), Vitamin B1: 0.09mg (6.32%), Iron: 1.13mg (6.27%), Vitamin B3: 1.22mg (6.09%), Vitamin B2: 0.1mg (6.02%),

Vitamin C: 4.44mg (5.38%), Vitamin B6: 0.11mg (5.3%), Manganese: 0.1mg (5.19%), Potassium: 160.56mg (4.59%),
Vitamin B5: 0.37mg (3.66%), Calcium: 35.84mg (3.58%), Fiber: 0.33g (1.31%), Vitamin A: 59.96IU (1.2%), Vitamin D:
0.15µg (1.02%)