



Faux Crab Cakes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup breadcrumbs
- 1 eggs beaten
- 12 ounce tuna canned
- 2 tablespoons spring onion diced
- 4 servings juice of lemon
- 0.3 cup mayonnaise
- 4 servings vegetable oil for frying

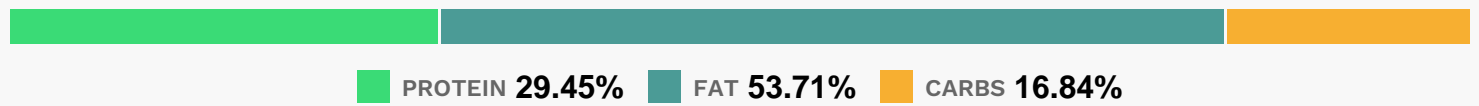
Equipment

- frying pan
- paper towels

Directions

- Heat 1-inch of oil in a large skillet over medium heat. While oil is heating, combine tuna, beaten egg, green onions, mayonnaise, 1/4 cup bread crumbs, and lemon juice, to taste, if desired. Form into patties and dust with additional bread crumbs. When oil is hot, fry patties until golden brown, about 2 minutes on each side.
- Remove from oil and drain on paper towels before serving.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:15.524782595427%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 269.81kcal (13.49%), Fat: 15.87g (24.42%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.47g (3.81%), Sugar: 1.41g (1.56%), Cholesterol: 77.42mg (25.81%), Sodium: 390.23mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.59g (39.18%), Selenium: 64.8µg (92.57%), Vitamin B3: 9.37mg (46.85%), Vitamin B12: 2.35µg (39.13%), Vitamin K: 35.27µg (33.59%), Phosphorus: 165.82mg (16.58%), Vitamin B6: 0.32mg (15.85%), Iron: 2.35mg (13.06%), Vitamin B1: 0.17mg (11.14%), Vitamin B2: 0.18mg (10.69%), Vitamin D: 1.27µg (8.46%), Vitamin C: 6.37mg (7.72%), Vitamin E: 1.13mg (7.56%), Manganese: 0.15mg (7.54%), Folate: 28.64µg (7.16%), Magnesium: 28.33mg (7.08%), Zinc: 0.94mg (6.26%), Potassium: 217.86mg (6.22%), Calcium: 50.35mg (5.04%), Copper: 0.09mg (4.54%), Vitamin B5: 0.41mg (4.15%), Vitamin A: 147.79IU (2.96%), Fiber: 0.73g (2.92%)