



## Benedict Crab Cakes

READY IN



40 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 oz crabmeat flaked drained canned
- 0.5 cup bell pepper red finely chopped
- 0.3 cup breadcrumbs plain
- 0.3 cup celery finely chopped
- 2 tablespoons onion finely chopped
- 0.5 teaspoon salt
- 0.3 teaspoon lemon pepper
- 2 eggs slightly beaten
- 1 tablespoon butter

- 0.5 cup mayonnaise
- 2 tablespoons juice of lemon fresh
- 0.8 teaspoon dill dried
- 0.3 cup butter hot melted
- 1 tablespoon vinegar
- 4 cups water
- 4 eggs

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- slotted spoon

## Directions

- Heat oven to 200°F. In medium bowl, combine all crab cake ingredients except margarine; mix well. Shape into 4 patties, about 1/2 inch thick. (Patties will be soft.)
- Melt 1 tablespoon margarine in large skillet over medium heat until it sizzles.
- Add crabmeat patties; cook 6 to 8 minutes or until browned and crisp, turning once.
- Place on serving plate; place in oven to keep warm.
- In small saucepan, combine mayonnaise, lemon juice and dill; beat with wire whisk until well blended.
- Heat over low heat until warm.
- Remove from heat. Slowly beat in hot melted butter until smooth. Cover; set aside.
- In medium skillet, bring vinegar and water to a simmer over medium heat.
- Add 4 eggs; reduce heat to a low simmer. Cook eggs 2 to 3 minutes or until whites are set.

With slotted spoon, place 1 poached egg on each crab cake. Spoon mock hollandaise over each. If desired, garnish with fresh dill sprigs.

## Nutrition Facts

**PROTEIN 19.43%** **FAT 73.19%** **CARBS 7.38%**

### Properties

Glycemic Index:68.25, Glycemic Load:0.47, Inflammation Score:-8, Nutrition Score:25.46739142874%

### Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

### Nutrients (% of daily need)

Calories: 528.99kcal (26.45%), Fat: 42.76g (65.78%), Saturated Fat: 13.52g (84.5%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 8.6g (3.13%), Sugar: 2.27g (2.52%), Cholesterol: 370.28mg (123.43%), Sodium: 1251.22mg (54.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.07%), Selenium: 59.91µg (85.59%), Vitamin B12: 3.51µg (58.54%), Vitamin K: 51.28µg (48.84%), Copper: 0.82mg (40.91%), Vitamin C: 30.28mg (36.7%), Phosphorus: 364.92mg (36.49%), Vitamin A: 1489.18IU (29.78%), Zinc: 4.38mg (29.2%), Vitamin B2: 0.45mg (26.61%), Vitamin E: 3.95mg (26.34%), Folate: 99.95µg (24.99%), Vitamin B5: 2.07mg (20.74%), Vitamin B6: 0.33mg (16.61%), Vitamin B3: 3.22mg (16.1%), Calcium: 155.21mg (15.52%), Iron: 2.3mg (12.76%), Magnesium: 50.66mg (12.66%), Potassium: 423.68mg (12.11%), Manganese: 0.23mg (11.46%), Vitamin B1: 0.15mg (10.25%), Vitamin D: 1.38µg (9.17%), Fiber: 1.1g (4.38%)