



Gluten-Free Crab Cakes with Spicy Dairy-Free Remoulade



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



16

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons capers chopped
- ☐ 1 teaspoon coarse ground mustard
- ☐ 1 large eggs
- ☐ 1 tablespoon horseradish fresh grated
- ☐ 2 tablespoons grapeseed oil
- ☐ 0.3 teaspoon hot sauce

- ☐ 1 tablespoon juice of lemon
- ☐ 8 ounces lump crab meat flaked drained
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt

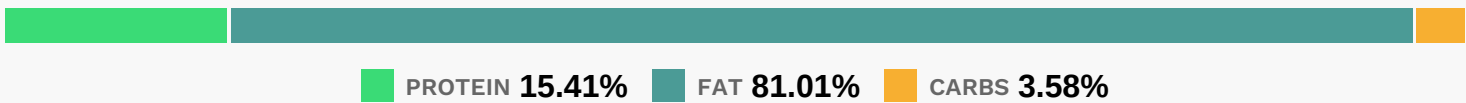
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk together all of the ingredients until thoroughly combined.
- ☐ Combine the crabmeat, pepper, egg, horseradish, lemon juice, salt and pepper in a large bowl. Fold in 1/4 cup of the cracker crumbs. Form the crab mixture into 2-inch cakes, about 1/2-inch thick (about 16 in total). Dredge the cakes in remaining 3/4 cup cracker crumbs.
- ☐ Heat oil in a nonstick skillet over medium heat, and cook the crab cakes until golden, about 2 minutes per side.
- ☐ Serve with the Spicy Remoulade Sauce.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:4.6991304677466%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 82.41kcal (4.12%), Fat: 7.41g (11.4%), Saturated Fat: 1.11g (6.91%), Carbohydrates: 0.74g (0.25%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.47g (0.53%), Cholesterol: 20.52mg (6.84%), Sodium: 252.46mg (10.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin B12: 1.31µg (21.87%), Vitamin C: 13.33mg (16.16%), Vitamin K: 11.99µg (11.42%), Selenium: 6.4µg (9.14%), Copper: 0.14mg (6.88%), Vitamin A: 317.3IU (6.35%), Zinc: 0.92mg (6.14%), Vitamin E: 0.92mg (6.12%), Phosphorus: 41.62mg (4.16%), Folate: 12.62µg (3.15%), Vitamin B6: 0.06mg (2.76%), Magnesium: 8.86mg (2.21%), Vitamin B2: 0.03mg (1.79%), Potassium: 56.33mg (1.61%), Vitamin B5: 0.14mg (1.42%), Vitamin B3: 0.25mg (1.27%), Iron: 0.21mg (1.15%), Manganese: 0.02mg (1.13%)