



Grilled Crab Cake Sammies

READY IN



20 min.

SERVINGS



10

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 celery stalk finely chopped
- ☐ 1 pound crab meat picked over for shells or cartilage
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 scallions light white green finely chopped and parts
- ☐ 2 teaspoons seafood seasoning such as old bay

☐ 20 slices bread white

Equipment

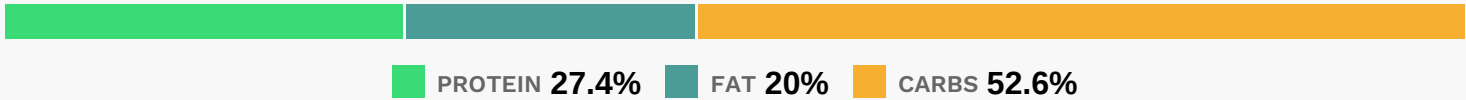
☐ bowl

☐ grill

Directions

- ☐ Preheat the grill to medium-high and brush the grate with oil or spray with nonstick cooking spray.
- ☐ In a large bowl, fold together the crabmeat, bell pepper, mayonnaise, mustard, Old Bay seasoning, lemon zest, black pepper, scallions and celery. Sandwich about 1/4 cup crab mixture between 2 slices of the bread. Repeat with the remaining crab mixture and bread slices.
- ☐ Brush both sides of each sandwich with olive oil.
- ☐ Transfer the sandwiches to the grill. Close the cover and cook, turning once, until both sides are golden and lightly charred, about 1 minute per side.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:17.65, Inflammation Score:-5, Nutrition Score:14.75869549001%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 197.29kcal (9.86%), Fat: 4.31g (6.64%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 25.53g (8.51%), Net Carbohydrates: 24.02g (8.74%), Sugar: 2.96g (3.29%), Cholesterol: 20.23mg (6.74%), Sodium: 669.47mg (29.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.3g (26.6%), Vitamin B12: 4.09µg (68.09%), Selenium: 29.25µg (41.78%), Copper: 0.49mg (24.53%), Zinc: 3.2mg (21.3%), Folate: 79.78µg (19.95%), Vitamin B1: 0.28mg (18.91%), Manganese: 0.37mg (18.66%), Phosphorus: 162.47mg (16.25%), Vitamin B3: 2.96mg (14.8%), Calcium: 135.19mg (13.52%), Vitamin K: 13.36µg (12.73%), Iron: 2.21mg (12.25%), Vitamin C: 8.6mg (10.42%), Magnesium: 39.25mg

(9.81%), Vitamin B2: 0.15mg (8.73%), Vitamin B6: 0.13mg (6.73%), Fiber: 1.51g (6.03%), Potassium: 175.84mg (5.02%),
Vitamin B5: 0.46mg (4.57%), Vitamin A: 168.82IU (3.38%), Vitamin E: 0.29mg (1.95%)