



Herbed Crab Cake with Radish-and-Avocado Salad

READY IN



78 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh soft
- ☐ 1 tablespoon butter
- ☐ 1 large eggs lightly beaten
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 pound lump crab meat fresh drained

- ☐ 4 servings radishes
- ☐ 1.3 teaspoons seafood seasoning
- ☐ 2 tablespoons cream sour
- ☐ 2 tablespoons vegetable oil

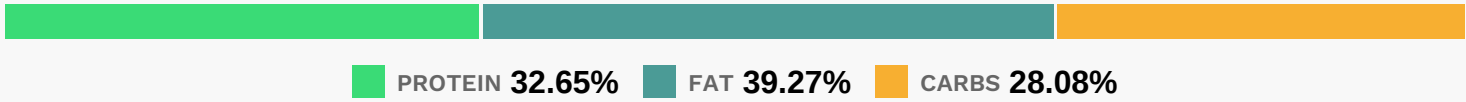
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 8 ingredients in a medium bowl. Fold in crabmeat. Shape crab mixture into 4 (4-inch) patties; chill 1 hour.
- ☐ Melt butter with oil in a large skillet over medium-high heat; add crab cakes, and cook 4 to 6 minutes on each side or until golden.
- ☐ Divide Radish-and-Avocado Salad among 4 serving plates; top each with 1 crab cake.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:26.293913297031%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg 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: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 330.79kcal (16.54%), Fat: 14.25g (21.92%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 20.58g (7.48%), Sugar: 3.23g (3.59%), Cholesterol: 105.19mg (35.06%), Sodium: 1211.83mg (52.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.65g (53.31%), Vitamin B12: 10.43µg (173.84%), Selenium: 52.58µg (75.12%), Copper: 1.16mg (58.24%), Vitamin K: 53.45µg (50.91%), Zinc: 7.53mg (50.22%), Phosphorus: 337.73mg (33.77%), Vitamin C: 22.3mg (27.03%), Folate: 105.2µg (26.3%), Vitamin B1: 0.33mg (21.9%), Manganese: 0.4mg (19.81%), Magnesium: 78.26mg (19.57%), Vitamin B3: 3.26mg (16.28%), Iron: 2.76mg (15.36%), Vitamin B2: 0.25mg (14.91%), Vitamin B6: 0.28mg (14.09%), Calcium: 140.17mg (14.02%), Potassium: 470.46mg (13.44%), Fiber: 2.34g (9.34%), Vitamin B5: 0.88mg (8.77%), Vitamin A: 417.4IU (8.35%), Vitamin E: 0.85mg (5.66%), Vitamin D: 0.25µg (1.67%)