



How to Make Crab Cakes

READY IN



83 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pound crab meat fresh drained well
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 2 tablespoons mayonnaise
- ☐ 4 servings salt to taste
- ☐ 8 saltines crushed finely
- ☐ 0.5 teaspoon seafood seasoning old bay® such as

☐ 0.3 teaspoon worcestershire sauce

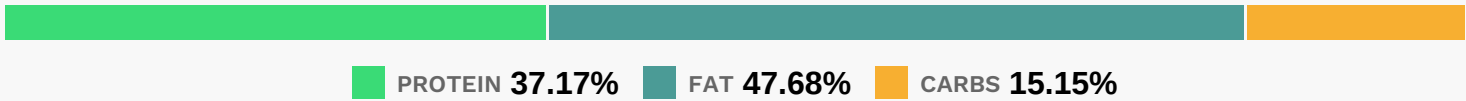
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix saltine crackers, mayonnaise, Dijon mustard, seafood seasoning, Worcestershire sauce, egg, salt, and cayenne pepper in a large bowl.
- ☐ Stir in crabmeat until mixture is combined but still chunky. Cover and refrigerate for 1 hour.
- ☐ Sprinkle breadcrumbs on a plate.
- ☐ Shape chilled crab mixture into 4 small thick patties; coat completely with bread crumbs.
- ☐ Melt butter in a skillet over medium-heat; cook crab cakes until golden brown, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:19.607391036075%

Nutrients (% of daily need)

Calories: 261.95kcal (13.1%), Fat: 13.56g (20.85%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 9.69g (3.23%), Net Carbohydrates: 9.16g (3.33%), Sugar: 0.63g (0.71%), Cholesterol: 106.54mg (35.51%), Sodium: 1364.57mg (59.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.54%), Vitamin B12: 10.35µg (172.55%), Selenium: 47.44µg (67.77%), Copper: 1.08mg (54.19%), Zinc: 7.06mg (47.05%), Phosphorus: 291.86mg (29.19%), Folate: 71.31µg (17.83%), Magnesium: 62.29mg (15.57%), Vitamin K: 15.93µg (15.17%), Vitamin B1: 0.16mg (10.91%), Vitamin B3: 2.11mg (10.53%), Vitamin B6: 0.21mg (10.33%), Vitamin C: 8.02mg (9.72%), Vitamin B2: 0.16mg (9.44%), Iron: 1.66mg (9.21%), Manganese: 0.18mg (8.79%), Potassium: 277.63mg (7.93%), Calcium: 77.46mg (7.75%), Vitamin B5: 0.65mg (6.53%), Vitamin A: 273.48IU (5.47%), Vitamin E: 0.59mg (3.92%), Fiber: 0.53g (2.11%), Vitamin D: 0.23µg (1.56%)