



## Impossibly Easy Mini Crab Cake Pies

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



273 kcal

### Ingredients

- 6 oz crabmeat flaked drained canned
- 0.5 teaspoon seafood seasoning
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 0.5 cup bell pepper red chopped
- 0.5 cup bell pepper green chopped
- 4 oz mozzarella cheese shredded
- 0.5 cup milk
- 2 eggs

- 0.5 cup mayonnaise
- 0.5 teaspoon seafood seasoning
- 1 tablespoon juice of lemon fresh
- 0.5 cup frangelico

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

## Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In small bowl, mix crabmeat and 1/2 teaspoon seafood seasoning; set aside. In 10-inch skillet, heat oil over medium-high heat until hot. Cook onion and bell peppers in oil 4 minutes, stirring frequently.
- Add crabmeat mixture, stirring until mixture is heated through. Cool 5 minutes; stir in cheese.
- In medium bowl, stir baking mixture ingredients with whisk or fork until blended. Spoon 1 scant tablespoon baking mixture into each muffin cup. Top with about 1/4 cup crab mixture. Spoon 1 tablespoon baking mixture onto crab mixture in each muffin cup.
- Bake about 30 minutes or until toothpick inserted in center comes out clean and tops are golden brown. Cool 5 minutes. With thin knife, loosen sides of pies from pan; remove from pan and place top sides up on cooling rack. Cool 10 minutes longer.
- While crab cake pies are cooling, in medium bowl, mix aioli ingredients.
- Serve each mini pie topped with generous tablespoonful of aioli.

## Nutrition Facts

PROTEIN 18.14% FAT 75.22% CARBS 6.64%

## Properties

Glycemic Index:30.67, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:12.668695449829%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg, Quercetin: 3.02mg

## Nutrients (% of daily need)

Calories: 272.99kcal (13.65%), Fat: 22.81g (35.09%), Saturated Fat: 5.94g (37.14%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.79g (1.38%), Sugar: 2.79g (3.1%), Cholesterol: 107.27mg (35.76%), Sodium: 426.71mg (18.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.75%), Vitamin K: 39.49µg (37.6%), Vitamin C: 28.81mg (34.92%), Selenium: 20.8µg (29.71%), Vitamin B12: 1.64µg (27.29%), Phosphorus: 197.09mg (19.71%), Calcium: 164.61mg (16.46%), Vitamin A: 696.5IU (13.93%), Zinc: 2.01mg (13.43%), Copper: 0.27mg (13.29%), Vitamin E: 1.77mg (11.82%), Vitamin B2: 0.2mg (11.6%), Vitamin B6: 0.18mg (8.78%), Folate: 34.05µg (8.51%), Vitamin B5: 0.71mg (7.13%), Potassium: 214.51mg (6.13%), Magnesium: 23.33mg (5.83%), Vitamin B3: 1.04mg (5.2%), Manganese: 0.1mg (5.11%), Iron: 0.76mg (4.25%), Vitamin D: 0.63µg (4.2%), Vitamin B1: 0.05mg (3.51%), Fiber: 0.74g (2.97%)