



Impossibly Easy Mini Crab Cake Pies



Gluten Free



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



272 kcal

Ingredients

- ☐ 6 oz crabmeat flaked drained canned
- ☐ 2 eggs
- ☐ 0.5 cup bell pepper green chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup milk
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon seafood seasoning

- ☐ 4 oz mozzarella cheese shredded
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

Equipment

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

Directions

- ☐ Heat oven to 375F. 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 18.15% FAT 75.34% CARBS 6.51%

Properties

Glycemic Index:30.67, Glycemic Load:0.99, Inflammation Score:-6, Nutrition Score:12.536087160525%

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: 272.48kcal (13.62%), Fat: 22.8g (35.08%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 3.7g (1.35%), Sugar: 2.79g (3.1%), Cholesterol: 107.27mg (35.76%), Sodium: 426.67mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.36g (24.72%), Vitamin K: 38.14µg (36.33%), Vitamin C: 28.79mg (34.89%), Selenium: 20.79µg (29.7%), Vitamin B12: 1.64µg (27.29%), Phosphorus: 196.8mg (19.68%), Calcium: 162.95mg (16.29%), Vitamin A: 692.11IU (13.84%), Zinc: 2.01mg (13.39%), Copper: 0.26mg (13.22%), Vitamin E: 1.77mg (11.8%), Vitamin B2: 0.2mg (11.58%), Vitamin B6: 0.17mg (8.67%), Folate: 33.82µg (8.46%), Vitamin B5: 0.71mg (7.13%), Potassium: 213.37mg (6.1%), Magnesium: 22.96mg (5.74%), Vitamin B3: 1.04mg (5.18%), Manganese: 0.09mg (4.54%), Vitamin D: 0.63µg (4.2%), Iron: 0.71mg (3.92%), Vitamin B1: 0.05mg (3.48%), Fiber: 0.72g (2.9%)