



Jackfruit "Crab" Cakes

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



9

CALORIES



96 kcal

Ingredients

- 20 ounce brine-packed olives green rinsed drained well canned
- 2 large cloves garlic pressed
- 1 teaspoon mustard prepared
- 2 tablespoons nutritional yeast
- 1 tablespoon old bay seasoning to taste ()
- 1 small onion
- 0.5 cup quinoa flakes uncooked quick (or regular oats)
- 2 teaspoons soya sauce to taste (or salt)
- 14 ounces beans white firm drained canned

- 0.1 teaspoon turmeric
- 2 tablespoons frangelico dried crushed
- 2 tablespoons frangelico dried crushed

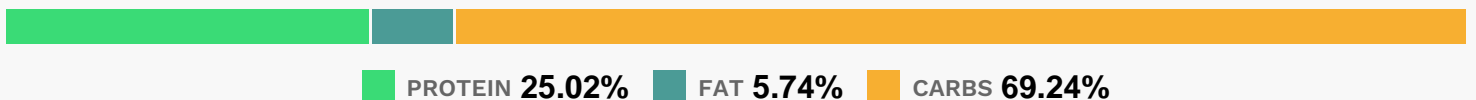
Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Drain the jackfruit and rinse it well and add it to the processor. Pulse until it is broken into rough pieces about 1/2-inch in size; keep it fairly coarse and be careful not to grind it into a paste (see image).
- Add it to the onions.
- Place the tofu or white beans into the processor along with all remaining ingredients except oatmeal and breading. Pulse to crumble the tofu finely and distribute the seasonings.
- Add the tofu mixture to the bowl along with the oatmeal, and stir well to combine with the jackfruit and onions. Refrigerate for about 15–30 minutes. Preheat oven to 375F. Line a baking sheet with a silicone mat or parchment paper. If you are using a breading (see note below), spread it on a large plate. Scoop up about 1/3 cup of the burger mixture and shape it into a patty.
- Place it into the breading, if desired, sprinkle a little breading on top, and gently pat into the top and sides. Carefully place it on the prepared baking sheet and repeat with remaining mixture.
- Bake for 20 minutes. Carefully turn over each cake and bake for another 20 minutes.
- Serve alone with tartar sauce and spicy ketchup or on a bun.

Nutrition Facts



Properties

Glycemic Index:12.11, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:5.4160870002664%

Flavonoids

Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 96.09kcal (4.8%), Fat: 0.63g (0.96%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 13.19g (4.8%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 1914.87mg (83.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.25%), Manganese: 0.34mg (17.16%), Fiber: 3.77g (15.06%), Iron: 2.21mg (12.27%), Vitamin B2: 0.17mg (9.89%), Folate: 38.12µg (9.53%), Potassium: 302.16mg (8.63%), Phosphorus: 86.28mg (8.63%), Magnesium: 30.58mg (7.64%), Copper: 0.14mg (6.89%), Vitamin K: 5.18µg (4.93%), Calcium: 47.78mg (4.78%), Zinc: 0.65mg (4.36%), Vitamin B1: 0.06mg (4%), Vitamin B6: 0.07mg (3.4%), Vitamin E: 0.43mg (2.84%), Selenium: 0.94µg (1.34%), Vitamin B5: 0.12mg (1.21%), Vitamin C: 0.85mg (1.03%)