



Jalapeño Crab Cakes with Slaw and Salsa

READY IN



15 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup vegetable oil
- 1.5 teaspoons kosher salt
- 6 ounces coleslaw mix
- 1 pound crab meat fresh dry picked over
- 4 large eggs beaten to blend
- 2 tablespoons jalapeno seeded chopped (1 to 2 large)
- 4 servings lime wedges
- 1.3 cups panko bread crumbs (Japanese breadcrumbs)
- 0.7 cup salsa

0.3 cup cream sour

Equipment

baking sheet

Directions

- Line rimmed baking sheet with waxedpaper.
- Combine first 4 ingredients in large bowl. Stir in eggs. Using moist hands, shape mixture into 8 cakes, each about 3/4 inch thick. Arrange cakes on prepared sheet.
- Heat 2 tablespoons oil in each of 2 medium skillets over medium heat.
- Add 4 cakes to each. Cook until golden brown and cooked through, about 4 minutes per side.
- Mound slaw mix on 4 plates. Top each serving with 2 cakes.
- Serve with salsa, sourcream, and lime wedges.
- * Available in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts

 PROTEIN 29.36% FAT 50.44% CARBS 20.2%

Properties

Glycemic Index: 27, Glycemic Load: 0.73, Inflammation Score: -7, Nutrition Score: 31.01043489705%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 429.82kcal (21.49%), Fat: 23.99g (36.91%), Saturated Fat: 5.95g (37.2%), Carbohydrates: 21.62g (7.21%), Net Carbohydrates: 18.64g (6.78%), Sugar: 5.42g (6.02%), Cholesterol: 244.94mg (81.65%), Sodium: 2335.57mg (101.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.42g (62.84%), Vitamin B12: 10.76µg (179.35%), Selenium: 62.93µg (89.9%), Vitamin K: 62.35µg (59.38%), Copper: 1.18mg (58.85%), Zinc: 7.92mg (52.82%), Phosphorus: 421.96mg (42.2%), Vitamin C: 33.68mg (40.83%), Folate: 118.07µg (29.52%), Vitamin B2: 0.43mg

(25.08%), Vitamin B6: 0.45mg (22.4%), Magnesium: 84.89mg (21.22%), Vitamin B1: 0.31mg (20.69%), Manganese: 0.37mg (18.31%), Vitamin E: 2.59mg (17.28%), Calcium: 167.03mg (16.7%), Vitamin B3: 3.31mg (16.56%), Iron: 2.94mg (16.33%), Potassium: 567.38mg (16.21%), Vitamin B5: 1.54mg (15.42%), Vitamin A: 747.65IU (14.95%), Fiber: 2.98g (11.92%), Vitamin D: 1µg (6.67%)