



Johnnycakes with Peekytoe Crab

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 9 ounces crab meat fresh
- ☐ 0.3 cup chives fresh chopped
- ☐ 0.8 cup cornmeal
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.8 cup mayonnaise
- ☐ 0.5 teaspoon salt
- ☐ 8 servings vegetable oil

- ☐ 1.3 cups water
- ☐ 1.3 cups milk whole

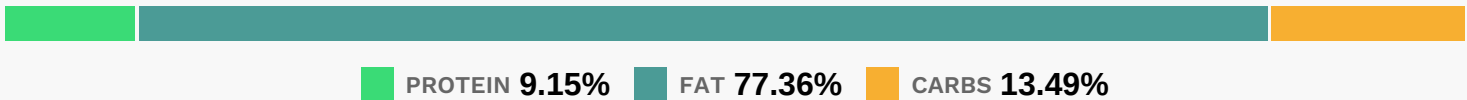
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Mix crabmeat, mayonnaise, chives, and lemon juice in medium bowl to blend. Season to taste with salt and pepper. Cover and refrigerate. (Can be made 8 hours ahead. Keep refrigerated.)
- ☐ Bring milk and 1 1/3 cups water to boil in heavy large saucepan over medium-high heat. Gradually whisk in polenta, then butter and salt.
- ☐ Remove batter from heat; let stand 10 minutes, stirring occasionally.
- ☐ Lightly butter large rimmed baking sheet.
- ☐ Heat large nonstick griddle or skillet over medium-high heat.
- ☐ Brush lightly with vegetable oil. Working in batches, spoon 1 tablespoonful batter for each cake onto griddle, spreading slightly with back of spoon. Cook until cakes are golden brown on bottom and firm at edges, about 2 minutes. Turn cakes over and cook until firm and golden brown, about 1 minute longer.
- ☐ Transfer to prepared baking sheet. (Can be made 8 hours ahead. Cool, then cover with foil and refrigerate. Rewarm, covered, in 350°F oven until hot, about 7 minutes.)
- ☐ Divide johnnycakes among 8 plates. Top johnnycakes with crab mixture.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:7.28, Inflammation Score:-4, Nutrition Score:12.075652174328%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 388.66kcal (19.43%), Fat: 33.52g (51.56%), Saturated Fat: 6.44g (40.22%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 11.7g (4.26%), Sugar: 2.41g (2.68%), Cholesterol: 30.86mg (10.29%), Sodium: 574.67mg (24.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.83%), Vitamin K: 63.8µg (60.76%), Vitamin B12: 3.12µg (51.97%), Selenium: 13.79µg (19.71%), Copper: 0.34mg (17.2%), Zinc: 2.57mg (17.16%), Phosphorus: 150.48mg (15.05%), Vitamin E: 1.96mg (13.05%), Magnesium: 37.97mg (9.49%), Vitamin B6: 0.17mg (8.3%), Calcium: 70.66mg (7.07%), Manganese: 0.12mg (5.84%), Fiber: 1.45g (5.81%), Vitamin B1: 0.09mg (5.69%), Folate: 22.52µg (5.63%), Vitamin B2: 0.09mg (5.33%), Potassium: 186.54mg (5.33%), Vitamin C: 4.29mg (5.2%), Vitamin A: 203.64IU (4.07%), Vitamin B5: 0.4mg (3.99%), Iron: 0.71mg (3.95%), Vitamin B3: 0.78mg (3.88%), Vitamin D: 0.49µg (3.26%)