



WHATSheATE



Jumbo Lump Crab Cake Sandwich

READY IN



512 min.

SERVINGS



6

CALORIES



1640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs
- ☐ 1 tablespoon capers
- ☐ 1 teaspoon chili sauce hot recommended: Sriracha
- ☐ 1 tablespoon chives chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 0.5 cup flour for dusting all-purpose
- ☐ 6 focaccia rolls
- ☐ 1 tablespoon optional: dill fresh chopped

- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 2 green onions finely chopped
- ☐ 0.5 lemon zest juiced
- ☐ 1 cup lump crab meat
- ☐ 1 cup mayonnaise
- ☐ 6 servings olive oil
- ☐ 6 slices pancetta crispy italian cooked thin
- ☐ 1 tablespoon parsley leaves italian chopped
- ☐ 0.5 cup vegetable oil; peanut oil preferred for sauteing
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 cup bell pepper diced red
- ☐ 8 roma tomatoes
- ☐ 0.3 teaspoon salt
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 tablespoon relish sweet
- ☐ 1 tablespoon worcestershire sauce

Equipment

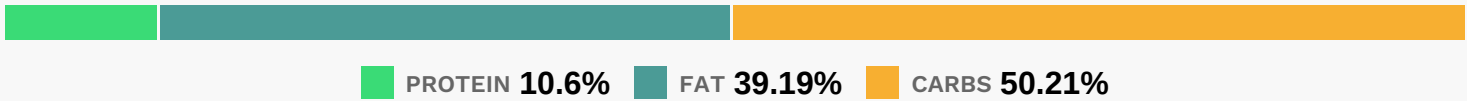
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine mayonnaise, egg, Dijon mustard and hot chili sauce in a large bowl and using a whisk, mix well.
- ☐ Add green onions, dill, parsley, bread crumbs, diced red pepper, lemon zest and lemon juice and salt and pepper.
- ☐ Mix all ingredients well.

- ☐ Gently fold in crabmeat and mix gently trying not to break up the crabmeat. Carefully divide mixture into 6 patties and dust with flour.
- ☐ Place patties into saucepan with peanut oil.
- ☐ Saute on medium heat for 4 to 6 minutes and carefully turn and cook for 4 to 6 minutes on the other side.
- ☐ Top each crab cake with a piece of crispy pancetta and serve on a focaccia roll with Roasted Tomato Remoulade Sauce.
- ☐ Whisk all ingredients together and refrigerate or serve immediately.
- ☐ Preheat oven to 200 degrees F.
- ☐ Take fresh Roma tomatoes and cut in half lengthwise.
- ☐ Place tomatoes cut side up on sheet tray.
- ☐ Drizzle olive oil, and sprinkle with salt and pepper.
- ☐ Place in oven for 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:81.33, Glycemic Load:81.08, Inflammation Score:-8, Nutrition Score:21.818695400072%

Flavonoids

Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg, Apigenin: 2.89mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 1639.59kcal (81.98%), Fat: 72.32g (111.26%), Saturated Fat: 9.23g (57.68%), Carbohydrates: 208.43g (69.48%), Net Carbohydrates: 199.59g (72.58%), Sugar: 11.26g (12.52%), Cholesterol: 67.68mg (22.56%), Sodium: 3008.48mg (130.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.02g (88.05%), Vitamin K: 111.14µg (105.85%), Vitamin B12: 2.74µg (45.67%), Vitamin C: 33.29mg (40.35%), Fiber: 8.84g (35.35%), Selenium: 23.17µg (33.1%), Vitamin E: 4.7mg (31.33%), Vitamin A: 1380.88IU (27.62%), Copper: 0.39mg (19.54%), Vitamin B1: 0.28mg (18.39%), Folate: 71.02µg (17.76%), Phosphorus: 163.24mg (16.32%), Zinc: 2.44mg (16.25%), Manganese: 0.32mg (16.24%), Vitamin B3: 2.81mg (14.05%), Iron: 2.14mg (11.88%), Potassium: 409.17mg (11.69%), Vitamin B2: 0.2mg

(11.6%), Vitamin B6: 0.22mg (11.19%), Magnesium: 37.86mg (9.46%), Calcium: 60.78mg (6.08%), Vitamin B5: 0.6mg (5.98%), Vitamin D: 0.3µg (1.98%)