



WHATSheATE



HEALTH SCORE

100%

Killer Crab Cakes and Bitter Salad with Sweet Red Pepper Dressing



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



4 servings bell pepper black



4 servings coarse salt



1 endive chopped



1 small endive chopped



1 Handful flat-leaf parsley fresh



2 cloves garlic



0.5 lemon zest juiced

- ☐ 12 ounce lump crab meat fresh
- ☐ 7 tablespoons olive oil extra-virgin divided
- ☐ 1 small head radicchio thinly chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 roasted peppers red
- ☐ 1 small shallots chopped
- ☐ 1 starchy potato peeled thinly sliced
- ☐ 2 teaspoons sugar
- ☐ 2 sprigs thyme leaves fresh finely chopped

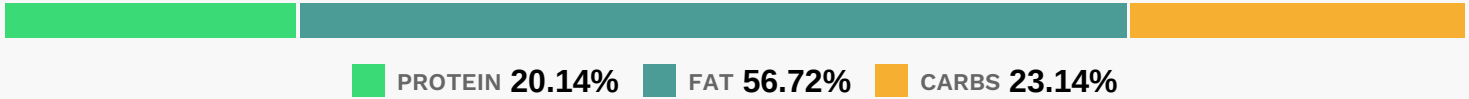
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook potatoes in boiling water 6 to 7 minutes until tender, drain, scatter across a large flat surface to cool and dry, 5 minutes. Smash the garlic with salt to make a paste and add to potatoes along with thyme, parsley, lemon zest and crushed red pepper flakes. Feel through the crab as you add it to the potatoes to check for shells.
- ☐ Mix together to combine and form into 4 (4 to 5-inch) super sized, killer crab cakes.
- ☐ Heat 3 tablespoons extra-virgin olive oil in a nonstick skillet over medium to medium-high heat.
- ☐ Add the cakes and cook 5 minutes on each side or until deep golden brown.
- ☐ Combine the roasted red peppers, shallot, sugar, the juice of 1/2 lemon and the red wine vinegar in a food processor. Stream in the remaining 1/4 cup extra-virgin olive oil and form a dressing. Stop the processor and season with salt and pepper, to taste.
- ☐ Combine the greens in a salad bowl and dress them. Adjust salt and pepper, to your taste.
- ☐ Serve crab cakes on a bed of salad.

Nutrition Facts



Properties

Glycemic Index:103.46, Glycemic Load:9.66, Inflammation Score:-10, Nutrition Score:41.848260879517%

Flavonoids

Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg, Cyanidin: 47.62mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 14.51mg, Luteolin: 14.51mg, Luteolin: 14.51mg, Luteolin: 14.51mg Kaempferol: 22.74mg, Kaempferol: 22.74mg, Kaempferol: 22.74mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg, Quercetin: 11.85mg

Nutrients (% of daily need)

Calories: 398.33kcal (19.92%), Fat: 25.73g (39.58%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 14.86g (5.4%), Sugar: 3.68g (4.09%), Cholesterol: 35.72mg (11.91%), Sodium: 1225.36mg (53.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.56g (41.12%), Vitamin K: 647.99µg (617.13%), Vitamin B12: 7.65µg (127.57%), Vitamin A: 5186.45IU (103.73%), Folate: 393.94µg (98.48%), Copper: 1.23mg (61.67%), Manganese: 1.21mg (60.71%), Zinc: 7.34mg (48.91%), Vitamin C: 39.32mg (47.66%), Selenium: 32.38µg (46.25%), Potassium: 1288.44mg (36.81%), Vitamin E: 5.48mg (36.54%), Fiber: 8.75g (35.01%), Phosphorus: 306mg (30.6%), Vitamin B5: 2.63mg (26.3%), Magnesium: 98.53mg (24.63%), Vitamin B6: 0.46mg (23.01%), Iron: 3.67mg (20.4%), Calcium: 189.3mg (18.93%), Vitamin B1: 0.28mg (18.66%), Vitamin B2: 0.25mg (14.63%), Vitamin B3: 2.66mg (13.31%)