



Lemon-Tarragon Crab Cakes

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1.3 cups breadcrumbs fresh toasted
- ☐ 1 large eggs lightly beaten
- ☐ 1 large egg white lightly beaten
- ☐ 1 teaspoon tarragon fresh chopped
- ☐ 0.3 cup green onions chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1.5 teaspoons lemon rind grated
- ☐ 1 pound lump crab meat
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup shallots minced
- ☐ 2 tablespoons butter unsalted melted

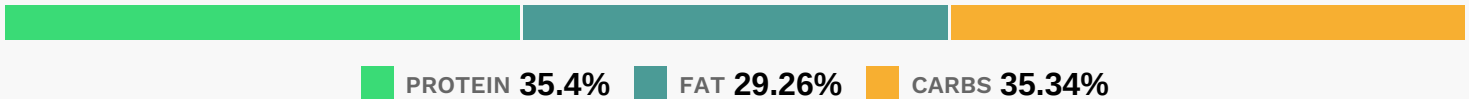
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine all ingredients except olive oil in a bowl. Toss gently. Divide crab mixture into 6 equal portions (about 2/3 cup each), shaping each into a 1/2-inch-thick patty
- ☐ Heat a nonstick skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add 3 crab cakes to pan; cook 4 minutes on each side or until lightly browned and heated through.
- ☐ Remove crab cakes from pan; keep warm. Repeat procedure with remaining 3 crab cakes.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:18.17695652402%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 217.6kcal (10.88%), Fat: 6.97g (10.72%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 17.37g (6.32%), Sugar: 2.49g (2.77%), Cholesterol: 72.78mg (24.26%), Sodium: 917.26mg (39.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.96g (37.91%), Vitamin B12: 6.97µg (116.16%), Selenium: 37.07µg (52.95%), Copper: 0.78mg (38.97%), Zinc: 5.01mg (33.42%), Phosphorus: 230.34mg (23.03%), Vitamin B1: 0.26mg (17.64%), Folate: 69.67µg (17.42%), Manganese: 0.31mg (15.53%), Magnesium: 53.06mg (13.27%), Vitamin B3: 2.42mg (12.1%), Vitamin C: 9.64mg (11.69%), Vitamin B2: 0.2mg (11.67%), Iron: 2mg (11.09%), Vitamin K: 11.11µg (10.58%), Vitamin B6: 0.2mg (10.21%), Calcium: 94.03mg (9.4%), Potassium: 282.32mg (8.07%), Fiber: 1.56g (6.25%), Vitamin B5: 0.57mg (5.73%), Vitamin A: 254.04IU (5.08%), Vitamin E: 0.36mg (2.39%), Vitamin D: 0.24µg (1.58%)