



Louisiana Crab Cakes

 Dairy Free

READY IN



105 min.

SERVINGS



45

CALORIES



41 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 lb crab meat fresh picked over well
- 2 Tbsp grey poupon dijon mustard
- 2 eggs beaten
- 0.3 cup oil
- 0.3 cup onions finely chopped
- 0.5 tsp pepper sauce hot
- 0.5 cup classic ranch dressing kraft
- 0.5 cup pasilla peppers red finely chopped

1 cup ritz crackers divided crushed finely

Equipment

frying pan

paper towels

Directions

- Mix crabmeat, peppers, onions, eggs, pepper sauce and 1/2 cup cracker crumbs. Refrigerate 1 hour or until firm. Meanwhile, refrigerate combined dressing and mustard.
- Shape crab mixture into 10 (1-inch-thick) patties; coat with remaining crumbs.
- Heat oil in large skillet on medium heat.
- Add crab cakes, in batches; cook 3 to 5 min. on each side or until golden brown on both sides.
- Drain on paper towels.
- Serve with mustard mixture.

Nutrition Facts

PROTEIN 22.1% **FAT 65.88%** **CARBS 12.02%**

Properties

Glycemic Index:2.02, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.638695658549%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 41.49kcal (2.07%), Fat: 3.02g (4.64%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.13g (0.41%), Sugar: 0.36g (0.4%), Cholesterol: 12.2mg (4.07%), Sodium: 131.68mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.55%), Vitamin B12: 0.93µg (15.49%), Selenium: 4.66µg (6.65%), Vitamin K: 5.23µg (4.98%), Copper: 0.1mg (4.88%), Zinc: 0.65mg (4.32%), Phosphorus: 35.96mg (3.6%), Vitamin C: 2.93mg (3.56%), Vitamin E: 0.37mg (2.49%), Folate: 7.4µg (1.85%), Magnesium: 6.17mg (1.54%), Vitamin A: 66.41IU (1.33%), Vitamin B6: 0.03mg (1.32%), Vitamin B2: 0.02mg (1.25%), Iron: 0.18mg (1.01%)