



Louisiana Deviled Crab Cakes

READY IN



45 min.

SERVINGS



2

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon ground pepper
- ☐ 3 tablespoons celery finely chopped
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 large eggs
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 0.5 lb lump crab meat picked over
- ☐ 0.3 cup onion finely chopped
- ☐ 0.8 teaspoon salt
- ☐ 16 saltines finely

- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 1 tablespoon cream sour
- ☐ 2 servings tartar sauce
- ☐ 3 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 teaspoon worcestershire sauce

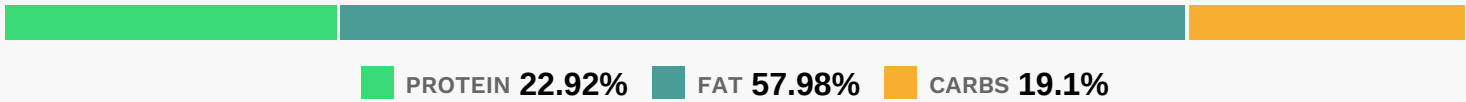
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook onion, bell pepper, and celery in 1 tablespoon butter in a 10-inch nonstick skillet over moderately low heat, stirring occasionally, until vegetables are softened, about 8 minutes.
- ☐ Whisk together egg, sour cream, mustard, Worcestershire sauce, cayenne, and salt in a large bowl, then stir in scallion, cooked vegetables, and 1/4 cup saltine crumbs. Gently stir in crabmeat, then form into 4 cakes (2 1/2 to 3 inches in diameter). Dredge cakes in remaining saltine crumbs.
- ☐ Heat oil and remaining 2 tablespoons butter in cleaned skillet over moderate heat until foam subsides, then cook crab cakes, turning once, until golden brown, 8 minutes total.

Nutrition Facts



Properties

Glycemic Index:66.5, Glycemic Load:0.68, Inflammation Score:-8, Nutrition Score:26.989130331122%

Flavonoids

Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg, Apigenin: 0.34mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin:

0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg, Quercetin: 5.16mg

Nutrients (% of daily need)

Calories: 477.4kcal (23.87%), Fat: 30.69g (47.22%), Saturated Fat: 13.8g (86.28%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 20.8g (7.56%), Sugar: 2.52g (2.8%), Cholesterol: 189.39mg (63.13%), Sodium: 2123.95mg (92.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.29g (54.58%), Vitamin B12: 10.5µg (174.97%), Selenium: 53.17µg (75.95%), Copper: 1.14mg (57.03%), Zinc: 7.43mg (49.51%), Vitamin K: 38.78µg (36.93%), Phosphorus: 353.95mg (35.4%), Vitamin C: 26.77mg (32.45%), Folate: 110.39µg (27.6%), Vitamin A: 1222.7IU (24.45%), Vitamin B2: 0.33mg (19.4%), Magnesium: 74.76mg (18.69%), Vitamin B1: 0.26mg (17.52%), Manganese: 0.35mg (17.52%), Vitamin B6: 0.34mg (16.77%), Iron: 2.87mg (15.92%), Vitamin B3: 3.11mg (15.54%), Vitamin E: 2.01mg (13.4%), Potassium: 456.06mg (13.03%), Calcium: 102.25mg (10.23%), Vitamin B5: 1.02mg (10.19%), Fiber: 1.95g (7.79%), Vitamin D: 0.81µg (5.43%)