



Louisiana Deviled Crab Cakes With Hot Peppered Sour Cream

READY IN



45 min.

SERVINGS



5

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup corn kernels frozen thawed drained
- 5 servings cream sour hot
- 1 teaspoon dijon mustard
- 1 cup breadcrumbs dry divided
- 2 large egg whites
- 2 tablespoons parsley fresh finely chopped
- 1 garlic clove minced

- 0.3 cup spring onion finely chopped
- 0.3 teaspoon ground pepper red
- 2 tablespoons juice of lemon fresh
- 0.3 cup mayonnaise light
- 1 pound lump crab meat drained
- 0.5 cup bell pepper red finely chopped
- 0.3 teaspoon salt
- 4 teaspoons vegetable oil divided

Equipment

- bowl
- frying pan
- paper towels
- whisk

Directions

- Heat a 12-inch nonstick skillet over medium-high heat; coat with cooking spray.
- Add red bell pepper and next 4 ingredients; cook 2 minutes.
- Remove from heat; cool slightly.
- Combine mayonnaise and next 6 ingredients in a medium bowl, stirring with a whisk. Stir in red bell pepper mixture. Fold in crab and 1/2 cup breadcrumbs. Divide mixture into 10 equal portions, shaping each into a 3/4-inch-thick patty. Dredge crab cakes in remaining 1/2 cup breadcrumbs.
- Wipe pan with paper towels.
- Heat 2 teaspoons oil in pan over medium heat.
- Add 5 crab cakes; cook 3 minutes. Reduce heat to medium-low; coat tops of crab cakes with cooking spray. Turn crab cakes, and cook 3 minutes or until done. Keep warm. Wipe pan with paper towels. Repeat procedure with remaining oil and crab cakes.
- Serve immediately with Hot Peppered Sour Cream.
- Garnish with cilantro leaves, if desired.

Nutrition Facts

PROTEIN 31.27% FAT 36.04% CARBS 32.69%

Properties

Glycemic Index:44.4, Glycemic Load:0.36, Inflammation Score:-8, Nutrition Score:23.778260770051%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg, Apigenin: 3.45mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 285.44kcal (14.27%), Fat: 11.39g (17.53%), Saturated Fat: 2.7g (16.88%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 21.16g (7.7%), Sugar: 4.4g (4.89%), Cholesterol: 47.57mg (15.86%), Sodium: 1245.86mg (54.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.24g (44.47%), Vitamin B12: 8.28µg (137.96%), Selenium: 42.58µg (60.82%), Vitamin K: 53.83µg (51.27%), Copper: 0.92mg (46.1%), Zinc: 5.94mg (39.59%), Vitamin C: 31.58mg (38.28%), Phosphorus: 268.55mg (26.86%), Folate: 87.87µg (21.97%), Vitamin B1: 0.28mg (18.55%), Vitamin A: 812.49IU (16.25%), Magnesium: 64.79mg (16.2%), Manganese: 0.32mg (15.97%), Vitamin B3: 2.92mg (14.61%), Vitamin B2: 0.25mg (14.57%), Vitamin B6: 0.24mg (11.93%), Iron: 1.97mg (10.96%), Calcium: 105.53mg (10.55%), Potassium: 368.58mg (10.53%), Fiber: 2.09g (8.34%), Vitamin E: 1.03mg (6.84%), Vitamin B5: 0.67mg (6.71%)