



Maine Crab Cakes with Lime Aioli

READY IN



45 min.

SERVINGS



4

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon canola oil
- 4 servings chives
- 2 tablespoons breadcrumbs dry fine
- 1 large egg whites lightly beaten
- 1.5 teaspoons cilantro leaves fresh finely chopped
- 1 tablespoon parsley fresh finely chopped
- 1.5 teaspoons tarragon fresh finely chopped
- 2 tablespoons spring onion sliced
- 0.1 teaspoon ground pepper red

- 3 tablespoons cup heavy whipping cream
- 0.1 teaspoon kosher salt
- 4 servings lime
- 0.5 pound lump crab meat drained
- 2 tablespoons mayonnaise
- 0.8 cup panko bread crumbs divided (Japanese breadcrumbs)
- 0.3 teaspoon paprika smoked

Equipment

- bowl
- frying pan

Directions

- Combine crabmeat, 1/4 cup panko, and next 11 ingredients in a large bowl; mix with hands until fully incorporated.
- Shape mixture into 8 cakes (about 2 tablespoons each). Carefully dredge patties in remaining 1/2 cup panko.
- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add crab cakes; cook 2 minutes on each side or until golden. Top with Lime Aoli and chives.

Nutrition Facts

■ PROTEIN **23.79%** ■ FAT **53.31%** ■ CARBS **22.9%**

Properties

Glycemic Index:85, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:16.030434670656%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin:

0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 239.39kcal (11.97%), Fat: 14.13g (21.74%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 12.48g (4.54%), Sugar: 1.67g (1.85%), Cholesterol: 39.47mg (13.16%), Sodium: 728.6mg (31.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.19g (28.38%), Vitamin B12: 5.19µg (86.56%), Selenium: 26.98µg (38.55%), Vitamin K: 40.39µg (38.46%), Copper: 0.59mg (29.26%), Zinc: 3.72mg (24.81%), Phosphorus: 166.69mg (16.67%), Vitamin B1: 0.19mg (12.85%), Folate: 50.72µg (12.68%), Manganese: 0.24mg (12.24%), Vitamin C: 8.98mg (10.89%), Magnesium: 41.41mg (10.35%), Vitamin B2: 0.17mg (9.81%), Vitamin A: 466.32IU (9.33%), Vitamin B3: 1.85mg (9.26%), Iron: 1.59mg (8.84%), Calcium: 80.14mg (8.01%), Vitamin E: 1.06mg (7.04%), Vitamin B6: 0.14mg (6.95%), Potassium: 223.94mg (6.4%), Fiber: 1.18g (4.72%), Vitamin B5: 0.37mg (3.73%), Vitamin D: 0.19µg (1.29%)