



Maryland Crab Cakes

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups breadcrumbs dry
- ☐ 4 large egg whites lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup green onions minced
- ☐ 1 teaspoon hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon milk 2% reduced-fat
- ☐ 1 pound lump crab meat drained
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

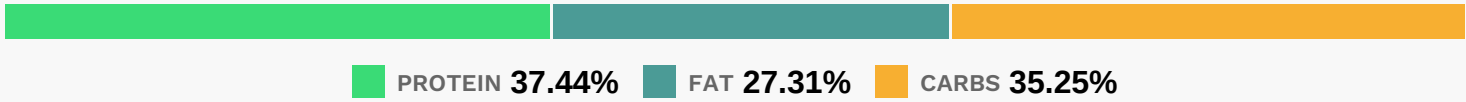
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 10 ingredients in a bowl. Divide mixture into 8 equal portions; shape each into a 1/2-inch-thick patty.
- ☐ Place breadcrumbs in a shallow dish; dredge patties in breadcrumbs.
- ☐ Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add 4 patties, and cook 3 minutes. Carefully turn patties over; cook 3 minutes or until golden. Repeat procedure with remaining oil and patties.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:28.865651939226%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 323.14kcal (16.16%), Fat: 9.6g (14.77%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 27.88g (9.29%), Net Carbohydrates: 25.82g (9.39%), Sugar: 3.1g (3.44%), Cholesterol: 47.93mg (15.98%), Sodium: 1589.42mg (69.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.23%), Vitamin B12: 10.38µg (173.02%), Vitamin K:

114.37µg (108.92%), Selenium: 57.11µg (81.59%), Copper: 1.16mg (58.14%), Zinc: 7.39mg (49.27%), Phosphorus: 323.03mg (32.3%), Vitamin B1: 0.41mg (27.39%), Folate: 104.44µg (26.11%), Vitamin C: 19.81mg (24.02%), Vitamin B2: 0.36mg (21.14%), Manganese: 0.41mg (20.7%), Magnesium: 79.98mg (19.99%), Vitamin B3: 3.79mg (18.97%), Iron: 2.9mg (16.08%), Calcium: 139.02mg (13.9%), Potassium: 422.52mg (12.07%), Vitamin B6: 0.23mg (11.58%), Vitamin A: 538.08IU (10.76%), Fiber: 2.06g (8.24%), Vitamin B5: 0.71mg (7.11%), Vitamin E: 0.68mg (4.55%)