



## Maryland Crab Cakes II



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



109 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound crab meat shredded
- ☐ 1.5 tablespoons bread crumbs dry
- ☐ 1 eggs
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1.5 tablespoons mayonnaise
- ☐ 1 dash pepper sauce hot
- ☐ 6 servings salt and pepper to taste

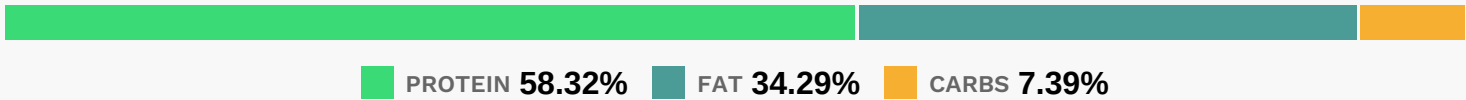
# Equipment

- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ broiler pan

# Directions

- ☐ Preheat oven broiler.
- ☐ Mix together crabmeat, bread crumbs, parsley, salt and pepper.
- ☐ Beat together egg, mayonnaise, hot sauce and mustard.
- ☐ Combine with other ingredients and mix well. Form into patties and place on a lightly greased broiler pan or baking sheet.
- ☐ Broil for 10 to 15 minutes, until lightly brown.

# Nutrition Facts



# Properties

Glycemic Index:13.67, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:13.312608622986%

# Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg

# Nutrients (% of daily need)

Calories: 108.53kcal (5.43%), Fat: 3.96g (6.1%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.79g (0.65%), Sugar: 0.21g (0.24%), Cholesterol: 60.5mg (20.17%), Sodium: 877.21mg (38.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.16g (30.33%), Vitamin B12: 6.88µg (114.7%), Selenium: 30.83µg (44.04%), Copper: 0.71mg (35.53%), Zinc: 4.65mg (30.97%), Phosphorus: 186.34mg (18.63%), Folate: 39.88µg (9.97%), Magnesium: 39.67mg (9.92%), Vitamin C: 5.36mg (6.5%), Vitamin B6: 0.13mg (6.49%), Vitamin K: 6.45µg (6.14%), Vitamin B3: 1.01mg (5.06%), Potassium: 171.42mg (4.9%), Vitamin B2: 0.08mg (4.54%), Calcium: 44.35mg (4.43%), Vitamin B1: 0.06mg (4.09%), Iron: 0.72mg (4.01%), Vitamin B5: 0.4mg (3.98%), Manganese: 0.06mg (2.82%), Vitamin E: 0.2mg (1.35%), Vitamin A: 62.91IU (1.26%), Vitamin D: 0.15µg (1.02%)