



Maryland Crab Cakes III

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown mustard prepared
- ☐ 1 stalk celery chopped
- ☐ 1 pound crab meat
- ☐ 1 cup mayonnaise
- ☐ 1 teaspoon old bay seasoning tm
- ☐ 0.3 cup onion chopped
- ☐ 1.1 cups saltines crushed

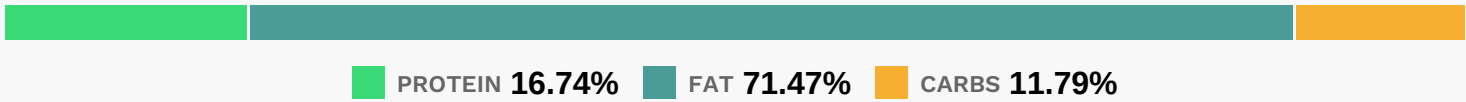
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven on broiler setting. Lightly grease a baking sheet.
- ☐ In a medium bowl, mix together crushed saltine crackers, mayonnaise, brown mustard, onion, celery, and Old Bay seasoning. Gently stir in the crabmeat. Shape into 6 patties.
- ☐ Place on prepared baking sheet.
- ☐ Broil crab cakes 8 to 10 minutes on each side, or until golden brown.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:17.565652106119%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 376.94kcal (18.85%), Fat: 29.56g (45.48%), Saturated Fat: 4.67g (29.18%), Carbohydrates: 10.97g (3.66%), Net Carbohydrates: 10.34g (3.76%), Sugar: 0.77g (0.85%), Cholesterol: 47.43mg (15.81%), Sodium: 998.27mg (43.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.17%), Vitamin B12: 6.86µg (114.34%), Vitamin K: 68.85µg (65.57%), Selenium: 29.85µg (42.64%), Copper: 0.73mg (36.51%), Zinc: 4.68mg (31.17%), Phosphorus: 191.03mg (19.1%), Folate: 56.87µg (14.22%), Magnesium: 42.64mg (10.66%), Vitamin E: 1.4mg (9.33%), Vitamin B1: 0.13mg (8.92%), Manganese: 0.18mg (8.89%), Vitamin B3: 1.72mg (8.58%), Iron: 1.4mg (7.79%), Vitamin C: 6.03mg (7.31%), Vitamin B6: 0.15mg (7.25%), Vitamin B2: 0.11mg (6.46%), Potassium: 211.11mg (6.03%), Calcium: 47.82mg (4.78%), Vitamin B5: 0.42mg (4.16%), Fiber: 0.63g (2.51%), Vitamin A: 81.39IU (1.63%)