



Maryland crabcakes

READY IN



50 min.

SERVINGS



6

CALORIES



720 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g mayonnaise
- ☐ 1 eggs
- ☐ 1 tbsp dijon mustard
- ☐ 1 tsp worcestershire sauce
- ☐ 1.5 juice of lemon
- ☐ 1 handful parsley chopped
- ☐ 500 g crab meat white
- ☐ 50 g breadcrumbs crispy japanese-style for panko ones (look out)
- ☐ 5 tbsp olive oil

- ☐ 350 ml white wine
- ☐ 3 shallots diced
- ☐ 1 sprig thyme leaves
- ☐ 1 bay leaf
- ☐ 3 tbsp extra-thick double cream
- ☐ 300 g butter cut into small cubes
- ☐ 1 juice of lemon

Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ To make the crabcakes: mix together the mayonnaise, egg, Old Bay seasoning, if using, Dijon mustard, Worcestershire sauce, lemon juice and parsley. Fold crabmeat into the mix, then add the breadcrumbs. Chill for 20 mins before shaping into 6 equal-sized cakes.
- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Heat a large ovenproof frying pan, add the olive oil and brown the crabcakes on each side. Then transfer to the oven for 10 mins or until cooked through.
- ☐ To make the butter sauce: boil the white wine, shallots, thyme and bay leaf until reduced to about 3 tbsp.
- ☐ Add the cream and bring back to the boil.
- ☐ Remove from the heat and slowly add the butter, whisking all the time. Finish the sauce with fresh lemon juice and season to taste.
- ☐ To serve, put the crabcakes onto plates, add a little pot of sauce and serve with dressed green salad leaves.

Nutrition Facts



 **PROTEIN 10.81%**  **FAT 82.62%**  **CARBS 6.57%**

Properties

Glycemic Index:42.33, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:20.687391224115%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 720.23kcal (36.01%), Fat: 62.93g (96.82%), Saturated Fat: 30.43g (190.19%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.29g (3.74%), Sugar: 2.85g (3.16%), Cholesterol: 181.76mg (60.58%), Sodium: 1190.23mg (51.75%), Alcohol: 6.09g (100%), Alcohol %: 2.91% (100%), Protein: 18.53g (37.06%), Vitamin B12: 7.7µg (128.36%), Selenium: 36.68µg (52.4%), Copper: 0.82mg (40.92%), Zinc: 5.41mg (36.03%), Vitamin K: 36.24µg (34.51%), Vitamin A: 1493.69IU (29.87%), Phosphorus: 251.9mg (25.19%), Vitamin E: 3.3mg (22.03%), Vitamin C: 13.02mg (15.78%), Folate: 59.96µg (14.99%), Magnesium: 58.15mg (14.54%), Vitamin B6: 0.23mg (11.7%), Manganese: 0.23mg (11.57%), Vitamin B1: 0.14mg (9.58%), Potassium: 330.55mg (9.44%), Calcium: 90.5mg (9.05%), Vitamin B2: 0.15mg (9.02%), Iron: 1.61mg (8.96%), Vitamin B3: 1.63mg (8.17%), Vitamin B5: 0.63mg (6.29%), Fiber: 0.97g (3.88%), Vitamin D: 0.28µg (1.89%)