



McCormick® Cranberry-Sage Mini Crab Cakes

READY IN



47 min.

SERVINGS



12

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black mccormick®
- 4 tablespoons butter divided
- 0.5 cup celery finely chopped
- 1 cup corn bread crumbled
- 0.3 cup cranberries dried
- 1 eggs lightly beaten
- 1 pound lump crab meat
- 0.5 cup mayonnaise
- 0.3 cup onion finely chopped

1.5 teaspoons sage mccormick®

0.3 teaspoon salt

Equipment

bowl

frying pan

Directions

Mix mayonnaise, cranberries, sage, orange peel, pepper and salt in small bowl. Set aside. Melt 1 tablespoon of the butter in small skillet on medium heat.

Add celery and onion; cook and stir 5 minutes or until tender. Cool slightly.

Gently mix crabmeat and corn bread in large bowl.

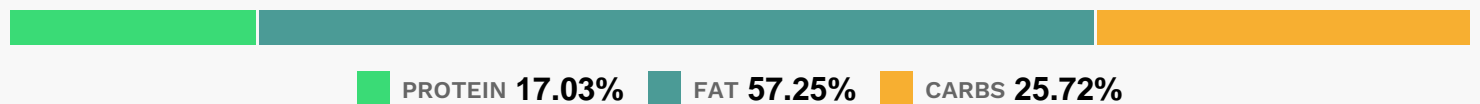
Add egg, cranberry and celery mixtures; toss to coat well. Shape into 24 small crab cakes. Refrigerate 15 minutes.

Melt 1 tablespoon of the remaining butter in large skillet on medium heat.

Add crab cakes several at a time; cook about 6 minutes or until golden brown, turning once. Keep warm while frying remaining crab cakes.

Add remaining 2 tablespoons butter as needed.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:11.209565230038%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 209.15kcal (10.46%), Fat: 13.28g (20.43%), Saturated Fat: 4.39g (27.42%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 12.68g (4.61%), Sugar: 5.26g (5.84%), Cholesterol: 54.71mg (18.24%), Sodium: 580.67mg (25.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.89g (17.78%), Vitamin B12: 3.5µg (58.32%), Copper: 1.13mg (56.5%), Selenium: 16.91µg (24.16%), Phosphorus: 172.55mg (17.25%), Vitamin K: 17.79µg (16.94%), Zinc: 2.47mg (16.44%), Folate: 31.96µg (7.99%), Magnesium: 23.89mg (5.97%), Calcium: 52.45mg (5.25%), Manganese: 0.1mg (5.22%), Vitamin B6: 0.09mg (4.44%), Vitamin B2: 0.08mg (4.43%), Vitamin B3: 0.85mg (4.23%), Vitamin E: 0.62mg (4.13%), Vitamin A: 203.48IU (4.07%), Iron: 0.73mg (4.06%), Vitamin B1: 0.06mg (3.99%), Potassium: 130.05mg (3.72%), Vitamin C: 3.05mg (3.69%), Vitamin B5: 0.34mg (3.45%), Fiber: 0.74g (2.96%)