



WHATSheATE



HEALTH SCORE

89%

Mendo Crab Cakes



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 serving garlic aioli (see notes)
- ☐ 1 serving cabbage
- ☐ 2.8 cups crabmeat shelled cooked
- ☐ 0.5 cup spring onion finely chopped (including green tops)
- ☐ 1.8 cups breadcrumbs dried divided (Japanese bread crumbs)
- ☐ 0.5 cup vegetable oil divided

Equipment

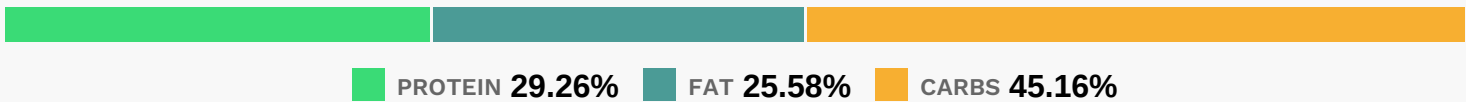
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Sort through crab; remove and discard any bits of shell. In a bowl, combine crab, 3/4 cup panko, and green onions. Gently mix in 3/4 cup tarragon aioli just until mixture holds together.
- ☐ Press mixture firmly into eight equal patties about 3 inches wide; set slightly apart on waxed paper or foil.
- ☐ Pour remaining panko into a shallow bowl.
- ☐ Preheat oven to 20
- ☐ Pour 1/3 cup oil into a large frying pan over medium-high heat. When hot, set each crab cake in panko. Using a slotted spatula, turn, pressing gently to coat.
- ☐ Fry cakes in small batches, using more oil as needed, until golden brown on the bottom, 2 to 4 minutes; turn gently and cook until browned on the other side and hot in the middle, 2 to 4 minutes longer.
- ☐ Transfer cakes as cooked to a rimmed baking sheet in a single layer and keep warm in oven. Discard any remaining panko.
- ☐ Divide cabbage salad among plates. Set crab cakes next to salad, top each with a dollop of tarragon aioli, and serve immediately, with remaining aioli in a bowl.

Nutrition Facts



Properties

Glycemic Index:76, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:68.963043461675%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol:

0.81mg Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg, Quercetin: 5.54mg

Nutrients (% of daily need)

Calories: 1299.57kcal (64.98%), Fat: 36.33g (55.89%), Saturated Fat: 6.65g (41.57%), Carbohydrates: 144.31g (48.1%), Net Carbohydrates: 132.75g (48.27%), Sugar: 15.12g (16.8%), Cholesterol: 361.45mg (120.48%), Sodium: 3531.55mg (153.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 93.5g (186.99%), Selenium: 207.4µg (296.29%), Vitamin B12: 13.02µg (217.07%), Vitamin K: 210.38µg (200.36%), Copper: 3.56mg (177.94%), Vitamin B1: 1.98mg (132.21%), Phosphorus: 1217.28mg (121.73%), Vitamin B3: 23.17mg (115.87%), Zinc: 17.21mg (114.71%), Folate: 453.67µg (113.42%), Manganese: 2.2mg (110.18%), Calcium: 747.71mg (74.77%), Vitamin B2: 1.17mg (69.11%), Iron: 12.06mg (66.99%), Vitamin E: 9.15mg (60.97%), Magnesium: 233.32mg (58.33%), Vitamin C: 47.27mg (57.3%), Vitamin B5: 4.93mg (49.31%), Vitamin B6: 0.93mg (46.26%), Fiber: 11.56g (46.22%), Potassium: 1588.98mg (45.4%), Vitamin A: 574.53IU (11.49%)