



Mexicali Crab Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs fresh
- ☐ 0.3 cup celery finely chopped
- ☐ 8.8 ounce no-salt-added whole-kernel corn drained canned
- ☐ 1 cup cornflakes crushed finely
- ☐ 1 teaspoon dijon mustard
- ☐ 1 large eggs lightly beaten
- ☐ 1 teaspoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon garlic salt

- ☐ 0.3 cup green onions chopped
- ☐ 1.5 teaspoons jalapeno seeded chopped
- ☐ 0.3 cup mayonnaise light
- ☐ 1 pound lump crab meat
- ☐ 1.5 tablespoons butter
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1.3 cups medium-hot salsa

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Melt margarine in a large nonstick skillet over medium heat.
- ☐ Add celery, bell pepper, and jalapeo; saut 3 minutes or until tender. Cool.
- ☐ Combine mayonnaise and the next 5 ingredients (mayonnaise through egg) in a large bowl.
- ☐ Add celery mixture, breadcrumbs, green onions, crabmeat, and corn, and stir well. Divide crabmeat mixture into 10 equal portions, shaping each into a 1/2-inch-thick patty. Dredge patties in cornflakes.
- ☐ Place patties on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 15 minutes; turn patties over, and bake an additional 10 minutes or until golden.
- ☐ Serve crab cakes with cocktail sauce, and garnish with cilantro sprigs, if desired.

Nutrition Facts



 **PROTEIN 23.67%**  **FAT 18.84%**  **CARBS 57.49%**

Properties

Glycemic Index:44.8, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:38.37565218884%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 416.58kcal (20.83%), Fat: 8.94g (13.75%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 56.68g (20.61%), Sugar: 10.85g (12.06%), Cholesterol: 77.09mg (25.7%), Sodium: 2105.7mg (91.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.52%), Vitamin B12: 10.66µg (177.69%), Iron: 15.48mg (85.98%), Folate: 255.49µg (63.87%), Selenium: 44.32µg (63.32%), Vitamin B6: 1.18mg (59.11%), Vitamin B3: 11.56mg (57.8%), Vitamin B1: 0.83mg (55.62%), Vitamin B2: 0.93mg (54.65%), Copper: 1.04mg (51.79%), Zinc: 6.51mg (43.39%), Vitamin C: 30.75mg (37.27%), Vitamin A: 1737.82IU (34.76%), Phosphorus: 337.46mg (33.75%), Magnesium: 88.64mg (22.16%), Vitamin K: 22.2µg (21.14%), Manganese: 0.38mg (19.23%), Fiber: 4.69g (18.75%), Potassium: 587.3mg (16.78%), Vitamin D: 1.9µg (12.69%), Vitamin E: 1.6mg (10.67%), Vitamin B5: 1.01mg (10.05%), Calcium: 98.63mg (9.86%)