



Mini Corn Bread Crab Cakes with Lemon-Caper Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon capers drained chopped
- ☐ 2 cups buttermilk corn bread crumbled
- ☐ 1 large eggs lightly beaten
- ☐ 1.5 tablespoons chives fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.1 teaspoon garlic minced

- ☐ 1 garlic clove minced
- ☐ 0.3 cup bell pepper diced green finely
- ☐ 0.5 cup green onions sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 0.3 cup mayonnaise reduced-fat
- ☐ 1 pound lump crab meat
- ☐ 1 teaspoon old bay seasoning (30%-less-sodium)
- ☐ 2 teaspoons olive oil
- ☐ 1 Dash pepper black freshly ground
- ☐ 0.3 teaspoon pepper sauce hot (such as Tabasco)
- ☐ 1 tablespoon pepper sauce hot
- ☐ 0.3 cup bell pepper diced red finely

Equipment

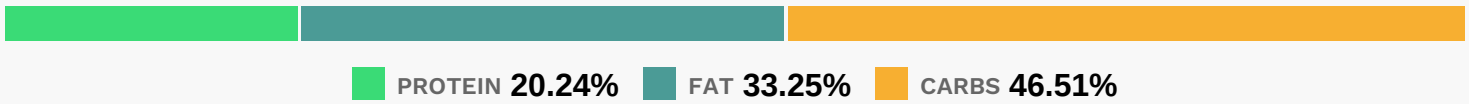
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ To prepare sauce, combine first 8 ingredients; chill.
- ☐ Preheat oven to 40
- ☐ To prepare crab cakes, heat oil in a small nonstick skillet over medium-high heat.
- ☐ Add onions, bell peppers, and garlic to pan; saut 3 minutes.
- ☐ Remove from heat; cool.

- ☐
- Combine bell pepper mixture, 1/4 cup mayonnaise, and next 6 ingredients (through Old Bay); stir in egg. Fold in Buttermilk Corn Bread and crabmeat. Scoop mixture into 16 portions (about 1/4 cup each) onto 2 baking sheets coated with cooking spray. Lightly cover, and refrigerate 1 hour. Uncover and bake at 400 for 12 minutes or until lightly browned.
- ☐
- Remove from baking sheet with a metal spatula.
- ☐
- Serve with sauce.
- ☐
- Garnish with chives, if desired.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:9.5778260917767%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 153.85kcal (7.69%), Fat: 5.66g (8.72%), Saturated Fat: 1.59g (9.94%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 16.87g (6.13%), Sugar: 5.39g (5.99%), Cholesterol: 41.7mg (13.9%), Sodium: 524.21mg (22.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.76g (15.52%), Vitamin B12: 2.65µg (44.12%), Vitamin K: 23.4µg (22.29%), Selenium: 14.14µg (20.2%), Phosphorus: 189.21mg (18.92%), Copper: 0.3mg (14.9%), Vitamin C: 11.6mg (14.06%), Zinc: 1.97mg (13.16%), Folate: 36.39µg (9.1%), Calcium: 61.43mg (6.14%), Vitamin A: 294.6IU (5.89%), Magnesium: 21.95mg (5.49%), Iron: 0.96mg (5.32%), Manganese: 0.11mg (5.32%), Vitamin B1: 0.08mg (5.2%), Vitamin B2: 0.09mg (5.16%), Vitamin B3: 0.99mg (4.96%), Vitamin B6: 0.1mg (4.95%), Fiber: 0.97g (3.86%), Potassium: 134.34mg (3.84%), Vitamin E: 0.53mg (3.51%), Vitamin B5: 0.35mg (3.48%)