



Mini Crab Cakes

READY IN



30 min.

SERVINGS



40

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apricot preserves
- 0.3 cup butter melted
- 12 oz crab meat flaked drained canned
- 1 stalk celery finely chopped
- 2 eggs
- 4 green onions sliced
- 0.3 cup real mayo mayonnaise kraft
- 1 tsp sriracha sauce hot (chili sauce)
- 6 oz stove top stuffing mix for chicken

1.5 cups water

Equipment

bowl

baking sheet

oven

whisk

spatula

Directions

Heat oven to 400F.

Whisk first 3 ingredients in medium bowl until blended.

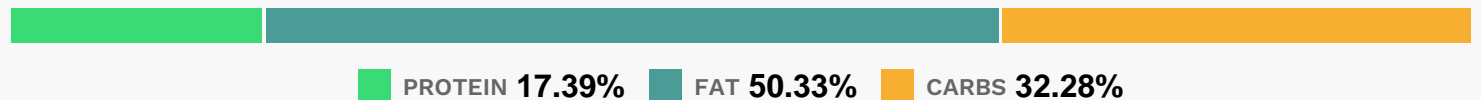
Add stuffing mix, crabmeat and vegetables; mix well.

Drop heaping tablespoonfuls of crab mixture, 2 inches apart, onto baking sheets sprayed with cooking spray; flatten slightly with spatula. (You should have 40 mounds.)

Bake 8 to 10 min. or until golden brown. Meanwhile, mix remaining ingredients until blended.

Serve crab cakes with sauce.

Nutrition Facts



Properties

Glycemic Index:4.1, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.4086956666863%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 53.82kcal (2.69%), Fat: 3.01g (4.62%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.05g (1.17%), Cholesterol: 21.13mg (7.04%), Sodium: 137.01mg (5.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.67%), Selenium: 6.46µg (9.22%), Vitamin B12: 0.31µg (5.14%),

Vitamin K: 5.27µg (5.02%), Copper: 0.09mg (4.27%), Folate: 13.79µg (3.45%), Phosphorus: 31.74mg (3.17%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.49mg (2.46%), Vitamin B2: 0.04mg (2.24%), Vitamin E: 0.3mg (1.98%), Vitamin B1: 0.03mg (1.96%), Manganese: 0.04mg (1.79%), Vitamin A: 80IU (1.6%), Calcium: 15.5mg (1.55%), Iron: 0.27mg (1.52%), Vitamin B5: 0.14mg (1.44%), Magnesium: 5.58mg (1.4%), Vitamin B6: 0.03mg (1.28%), Potassium: 43.48mg (1.24%)