

Mini Crab Cakes

READY IN



45 min.

SERVINGS



24

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch of cayenne pepper
- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 8 ounces cream cheese room temperature
- ☐ 1 large eggs
- ☐ 4 teaspoons chives fresh divided chopped
- ☐ 24 servings chives fresh cut into pieces
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 6 ounces lump crab meat fresh shredded dry picked over
- ☐ 1 teaspoon orange peel finely grated

- ☐ 1 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.8 cup parmesan cheese divided finely grated
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 0.3 cup butter unsalted melted plus more for pans ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer

Directions

- ☐ Using electric mixer, beat cream cheese in medium bowl until smooth.
- ☐ Add 1/4 cup
- ☐ Parmesan and egg; beat to blend. Beat in sour cream, citrus peels, 4 teaspoons chopped chives, coarse salt, and cayenne pepper. Fold in crab meat. DO AHEAD: Can be made 1 day ahead. Cover and chill.
- ☐ Preheat oven to 350°F. Generously butter 2 mini muffin pans. Toss panko, 1/2 cup Parmesan, and 2 tablespoons chopped chives in small bowl.
- ☐ Drizzle 1/4 cup melted butter over, tossing with fork until evenly moistened. Press 1 rounded tablespoon panko mixture into bottom of each muffin cup, forming crust. Spoon 1 generous tablespoon crab mixture into each cup.
- ☐ Sprinkle rounded teaspoon of panko mixture over each (some may be left over).
- ☐ Bake crab cakes until golden on top and set, about 30 minutes. Cool in pans 5 minutes. Run knife around each cake and gently lift out of pan. DO AHEAD: Can be made 2 hours ahead. Arrange on baking sheet; let stand at room temperature. Rewarm in 350°F oven 6 to 8 minutes.
- ☐ Arrange crab cakes on serving platter; sprinkle with chives.
- ☐ * Available in the Asian foods section of some supermarkets and at Asian markets.

Nutrition Facts



 **PROTEIN 16.03%**  **FAT 70.67%**  **CARBS 13.3%**

Properties

Glycemic Index:6.21, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.1134782459425%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 87.2kcal (4.36%), Fat: 6.89g (10.6%), Saturated Fat: 3.95g (24.71%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 2.76g (1%), Sugar: 0.63g (0.7%), Cholesterol: 29.49mg (9.83%), Sodium: 190.14mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin B12: 0.74µg (12.29%), Selenium: 5.88µg (8.4%), Vitamin A: 293.8IU (5.88%), Phosphorus: 56.79mg (5.68%), Calcium: 50.06mg (5.01%), Zinc: 0.68mg (4.56%), Copper: 0.08mg (3.95%), Vitamin B2: 0.06mg (3.62%), Vitamin K: 3.11µg (2.96%), Folate: 9.29µg (2.32%), Vitamin B1: 0.03mg (2.18%), Magnesium: 7.55mg (1.89%), Manganese: 0.03mg (1.73%), Vitamin C: 1.37mg (1.66%), Vitamin B5: 0.15mg (1.5%), Vitamin B6: 0.03mg (1.4%), Iron: 0.25mg (1.37%), Potassium: 47.8mg (1.37%), Vitamin B3: 0.27mg (1.34%), Vitamin E: 0.19mg (1.26%)