



Mini Crab Cakes With Garlic-Chive Sauce

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings garlic-chive sauce
- ☐ 2 large eggs lightly beaten
- ☐ 3 green onions thinly sliced
- ☐ 1 slices garnish: lemon
- ☐ 0.3 cup mayonnaise light
- ☐ 8 oz lump crab meat fresh drained
- ☐ 3 slices grain bread whole white
- ☐ 1 teaspoon old bay seasoning

- ☐ 10 servings salt to taste
- ☐ 1 teaspoon worcestershire sauce

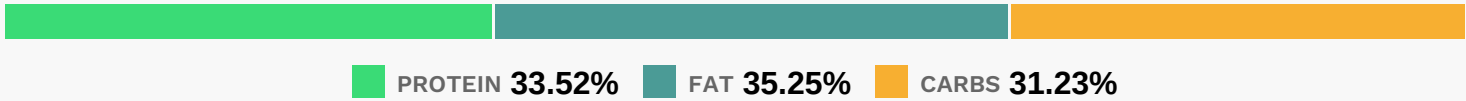
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Pick crabmeat, removing any bits of shell. Pulse bread slices in a blender or food processor 5 times or until finely crumbled. (Yield should be about 1 1/2 cups.)
- ☐ Stir together mayonnaise and next 4 ingredients in a large bowl. Gently stir in breadcrumbs and crabmeat. Shape mixture into 16 (2-inch) cakes (about 2 Tbsp. each).
- ☐ Cook cakes, in batches, on a hot, large griddle or nonstick skillet coated with cooking spray over medium-low heat 4 minutes on each side or until golden brown. Season with salt to taste. (Keep cakes warm in a 200 oven for up to 30 minutes.)
- ☐ Serve with Garlic-Chive Sauce.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes, we used Sara Lee Soft & Smooth Whole Grain White Bread.

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:7.0339130163193%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.39mg,

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Nutrients (% of daily need)

Calories: 80.69kcal (4.03%), Fat: 3.07g (4.72%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.27g (1.92%), Sugar: 1.71g (1.9%), Cholesterol: 47.92mg (15.97%), Sodium: 751.23mg (32.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.12%), Vitamin B12: 2.13µg (35.5%), Selenium: 13.73µg (19.61%), Vitamin K: 13.76µg (13.11%), Copper: 0.24mg (12.15%), Zinc: 1.65mg (11.03%), Manganese: 0.21mg (10.54%), Phosphorus: 90.54mg (9.05%), Folate: 21.21µg (5.3%), Magnesium: 20.24mg (5.06%), Vitamin B2: 0.07mg (4.33%), Iron: 0.7mg (3.87%), Vitamin B6: 0.07mg (3.74%), Calcium: 35.7mg (3.57%), Fiber: 0.84g (3.37%), Vitamin B1: 0.05mg (3.36%), Vitamin C: 2.74mg (3.32%), Vitamin B3: 0.66mg (3.3%), Vitamin B5: 0.3mg (2.99%), Potassium: 100.49mg (2.87%), Vitamin E: 0.34mg (2.25%), Vitamin A: 106.71IU (2.13%), Vitamin D: 0.2µg (1.33%)