



Mini Crab Cakes with Herbed Aioli

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 0.5 cup mayonnaise fat-free
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 teaspoons chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons mayonnaise reduced-fat
- ☐ 1 pound lump crab meat
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 teaspoon worcestershire sauce

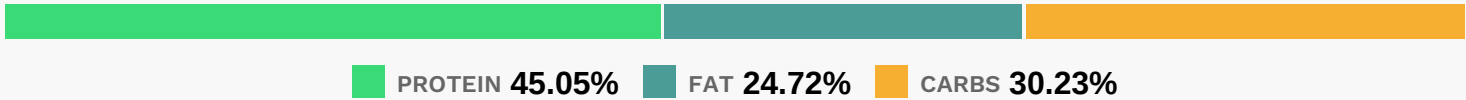
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 35
- ☐ To prepare aioli, combine first 5 ingredients in a small bowl; set aside.
- ☐ To prepare crab cakes, combine bell pepper and next 7 ingredients (through black pepper) in a large bowl; stir well with a whisk.
- ☐ Add panko and crabmeat; toss gently. Divide the crab mixture into 12 equal portions, shaping each into a 1-inch-thick patty.
- ☐ Heat oil in a large ovenproof skillet coated with cooking spray over medium-high heat.
- ☐ Add patties; cook 2 minutes. Carefully turn patties over.
- ☐ Place pan in oven; bake at 350 for 6 minutes.

Nutrition Facts



Properties

Glycemic Index:46.67, Glycemic Load:0.16, Inflammation Score:-5, Nutrition Score:15.726521699325%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg, Apigenin: 1.51mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 137.28kcal (6.86%), Fat: 3.69g (5.68%), Saturated Fat: 0.58g (3.61%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.14g (3.33%), Sugar: 3.15g (3.5%), Cholesterol: 34.6mg (11.53%), Sodium: 928.62mg (40.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.26%), Vitamin B12: 6.83µg (113.84%), Selenium: 30.31µg (43.31%), Copper: 0.73mg (36.6%), Zinc: 4.67mg (31.14%), Vitamin K: 23.36µg (22.25%), Vitamin C: 15.59mg (18.9%), Phosphorus: 186.01mg (18.6%), Folate: 46.94µg (11.73%), Magnesium: 43.68mg (10.92%), Vitamin B1: 0.12mg (7.71%), Vitamin B6: 0.15mg (7.55%), Manganese: 0.15mg (7.4%), Vitamin B3: 1.43mg (7.14%), Vitamin A: 315.7IU (6.31%), Potassium: 216.4mg (6.18%), Iron: 1.03mg (5.72%), Calcium: 56.11mg (5.61%), Vitamin B2: 0.08mg (4.46%), Fiber: 1.01g (4.03%), Vitamin B5: 0.35mg (3.48%), Vitamin E: 0.4mg (2.67%)