



Mini Crab Cakes with Pineapple-Cucumber Salsa

READY IN



90 min.

SERVINGS



8

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1.5 pounds crab meat fresh drained
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 3 tablespoons green onions minced
- ☐ 1 teaspoon lemon zest
- ☐ 8 servings lime wedges
- ☐ 0.3 cup mayonnaise

- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 3 tablespoons bell pepper diced red
- ☐ 8 servings pineapple-cucumber salsa

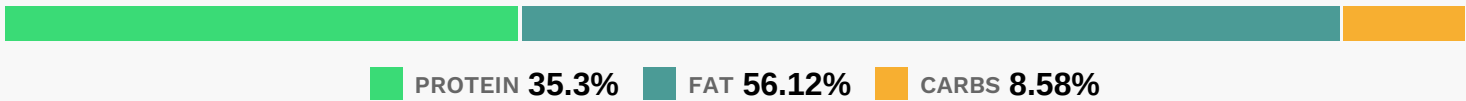
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Prepare salsa.
- ☐ Pick crabmeat, removing any bits of shell.
- ☐ Whisk together mayonnaise and next 3 ingredients in a large bowl. Gently stir in crabmeat, panko, and next 2 ingredients. Shape mixture into 16 (2-inch) cakes (about 1/4 cup each). Cover and chill 1 to 4 hours.
- ☐ Melt 2 Tbsp. butter in a large nonstick skillet over medium heat.
- ☐ Add 8 crab cakes; cook 2 to 3 minutes on each side or until browned. Repeat with remaining butter and crab cakes.
- ☐ Serve with Pineapple-Cucumber Salsa and lime wedges.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:16.668260851632%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 198.04kcal (9.9%), Fat: 12.26g (18.86%), Saturated Fat: 4.73g (29.54%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 3.29g (1.2%), Sugar: 1.66g (1.84%), Cholesterol: 76.96mg (25.65%), Sodium: 1054.15mg (45.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.69%), Vitamin B12: 7.74µg (128.95%), Selenium: 34.53µg (49.33%), Copper: 0.82mg (41.01%), Zinc: 5.28mg (35.2%), Phosphorus: 219.09mg (21.91%), Vitamin K: 18.25µg (17.38%), Vitamin C: 12.07mg (14.63%), Magnesium: 50.11mg (12.53%), Folate: 47.49µg (11.87%), Vitamin B6: 0.21mg (10.56%), Vitamin A: 520.82IU (10.42%), Potassium: 289.24mg (8.26%), Vitamin B3: 1.49mg (7.43%), Vitamin E: 0.93mg (6.18%), Calcium: 60.96mg (6.1%), Vitamin B2: 0.09mg (5.47%), Iron: 0.94mg (5.21%), Vitamin B5: 0.51mg (5.1%), Vitamin B1: 0.08mg (5.1%), Manganese: 0.1mg (5.04%), Fiber: 0.93g (3.71%)