



Mini Crab Cakes with Remoulade Sauce

READY IN



57 min.

SERVINGS



3

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 stalk celery minced
- 0.3 cup cracker crumbs
- 3 servings cracker crumbs for dredging
- 2 large eggs lightly beaten
- 2 tablespoons optional: dill fresh minced
- 2 tablespoons parsley fresh finely minced
- 2 tablespoons parsley fresh minced
- 1 clove garlic minced
- 0.1 teaspoon pepper fresh black

- 0.8 teaspoon pepper fresh black
- 2 tablespoons horseradish white drained
- 1 tablespoon catsup
- 0.5 teaspoon kosher salt
- 1 teaspoon kosher salt
- 1 teaspoon juice of lemon fresh
- 2 teaspoons juice of lemon fresh
- 1 lb lump crab meat fresh picked over cleaned
- 0.7 cup mayonnaise
- 1 pinch nutmeg freshly grated
- 2 spring onion white green chopped
- 2 spring onion white green minced
- 1 tablespoon paprika sweet
- 3 servings all the tabasco sauce you handle
- 2 tablespoons butter unsalted
- 0.7 cup vegetable oil for frying
- 2 tablespoons coarse mustard whole
- 4 tablespoons coarse mustard whole
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- paper towels
- whisk
- baking pan

Directions

- In a medium skillet, heat the butter; add the scallions, celery, and garlic, and cook overmedium heat until the vegetables are translucent, about 3 to 4 minutes. In a medium bowl, combine the cooked vegetables with the crab, eggs, lemon juice, mustard, and parsley. Season with the salt, pepper, and nutmeg.
- Add the cracker meal and stir well to combine thoroughly. Form heaping tablespoons of the crab mixture into 1-1/2 inch-round cakes.
- Roll the cakes in additional cracker meal and place them on a baking pan. Refrigerate for at least 30 minutes before cooking. When ready to serve, heat a large skillet and pour the oil to a depth of 1/2-inch; heat the oil over medium heat, keeping the oil at a low simmer. Cook and brown the crab cakes for 1 to 2 minutes on the first side and about 1 minute on the second side, or until they are cooked through and golden brown.
- Transfer the cakes to paper towels to drain.
- Serve the cakes warm, with the Remoulade sauce. --Remoulade Sauce-- In a small bowl, whisk all of the ingredients together and refrigerate until ready to serve; makes 1 cup.

Nutrition Facts

PROTEIN 18.74%

FAT 73.72%

CARBS 7.54%

Properties

Glycemic Index: 167.67, Glycemic Load: 1.17, Inflammation Score: -9, Nutrition Score: 36.689130451368%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 11.87mg, Apigenin: 11.87mg, Apigenin: 11.87mg, Apigenin: 11.87mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 754.56kcal (37.73%), Fat: 61.99g (95.38%), Saturated Fat: 13.94g (87.15%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 10.58g (3.85%), Sugar: 4.6g (5.11%), Cholesterol: 228.48mg (76.16%), Sodium: 3323.17mg (144.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.45g (70.91%), Vitamin B12: 13.98µg (233%), Vitamin K: 231.63µg (220.6%), Selenium: 77.87µg (111.24%), Copper: 1.53mg (76.68%), Zinc: 10.11mg (67.43%), Phosphorus: 492.03mg (49.2%), Vitamin A: 2373.2IU (47.46%), Vitamin C: 26.75mg (32.43%), Folate: 124.97µg (31.24%), Vitamin E: 4.3mg (28.65%), Magnesium: 112.06mg (28.02%), Manganese: 0.44mg (22.15%), Vitamin B6:

0.42mg (21.01%), Iron: 3.77mg (20.96%), Vitamin B2: 0.34mg (20.1%), Potassium: 657.42mg (18.78%), Calcium: 169.78mg (16.98%), Fiber: 3.69g (14.76%), Vitamin B5: 1.41mg (14.13%), Vitamin B3: 2.82mg (14.08%), Vitamin B1: 0.21mg (13.75%), Vitamin D: 0.91µg (6.04%)