



HEALTH SCORE

74%

Mini Sesame, Scallion, and Lime Crab Cakes with Wasabi Mayonnaise



Very Healthy

READY IN



88 min.

SERVINGS



1

CALORIES



2108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 serving pepper black freshly ground
- ☐ 1 cup breadcrumbs fresh soft
- ☐ 1 tablespoon butter
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup spring onion chopped
- ☐ 1 serving spring onion thinly sliced

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest
- ☐ 1 pound lump crab meat fresh drained
- ☐ 0.5 cup mayonnaise
- ☐ 1 serving salt
- ☐ 1.3 teaspoons seafood seasoning
- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 tablespoons cream sour
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon wasabi paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 20
- ☐ Combine first 8 ingredients in a medium bowl. Fold in crabmeat. Shape crab mixture into 20 to 24 (2-inch) patties; chill 1 hour.
- ☐ Melt butter with oil in a large skillet over medium-high heat; cook crab cakes, in 2 batches, 2 to 4 minutes on each side or until golden.
- ☐ Place on baking sheet, and transfer to oven to keep warm.
- ☐ Whisk together mayonnaise, wasabi, and lime zest; season mixture with salt and pepper. Dollop crab cakes with wasabi mayonnaise.
- ☐ Sprinkle with green onion.

Nutrition Facts



 PROTEIN **20.67%**  FAT **62.14%**  CARBS **17.19%**

Properties

Glycemic Index:295, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:65.400000116099%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin: 3.55mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg, Quercetin: 3.47mg

Nutrients (% of daily need)

Calories: 2107.56kcal (105.38%), Fat: 144.48g (222.28%), Saturated Fat: 30.8g (192.53%), Carbohydrates: 89.94g (29.98%), Net Carbohydrates: 82.33g (29.94%), Sugar: 9.71g (10.79%), Cholesterol: 467.81mg (155.94%), Sodium: 5664.17mg (246.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 108.13g (216.26%), Vitamin B12: 41.85µg (697.58%), Vitamin K: 326.68µg (311.12%), Selenium: 214.46µg (306.38%), Copper: 4.92mg (245.89%), Zinc: 30.39mg (202.63%), Phosphorus: 1391.26mg (139.13%), Folate: 381.31µg (95.33%), Vitamin B1: 1.38mg (91.89%), Manganese: 1.7mg (84.79%), Magnesium: 325.38mg (81.35%), Iron: 11.68mg (64.91%), Vitamin B3: 12.91mg (64.54%), Calcium: 610.11mg (61.01%), Vitamin C: 49.77mg (60.33%), Vitamin B2: 0.99mg (58.01%), Vitamin B6: 1.06mg (52.91%), Vitamin E: 7.23mg (48.17%), Potassium: 1475.42mg (42.15%), Vitamin B5: 3.33mg (33.26%), Fiber: 7.61g (30.44%), Vitamin A: 1347.66IU (26.95%), Vitamin D: 1.22µg (8.16%)