



Miniature Crab Cakes with Tomato Ginger Jam

 Dairy Free

READY IN



300 min.

SERVINGS



36

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 36 servings cilantro leaves fresh thinly sliced
- ☐ 4 cups cornflakes
- ☐ 1 tablespoon dijon mustard
- ☐ 1 large eggs
- ☐ 36 servings jam
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 1 lb lump crab meat picked over

- ☐ 0.5 cup mayonnaise
- ☐ 0.8 teaspoon old bay seasoning
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon all the tabasco sauce you handle

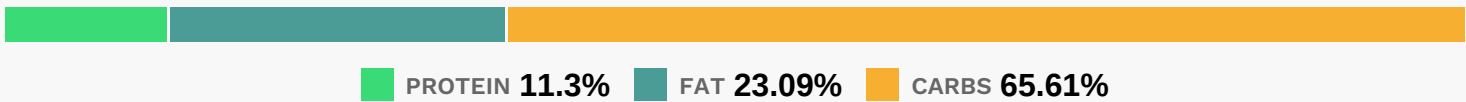
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk together mayonnaise, egg, mustard, Old Bay, lemon juice, salt, pepper, and Tabasco, then gently stir in crabmeat. Chill, covered, 2 hours.
- ☐ Pulse cornflakes in a food processor until coarsely ground and put in a shallow dish. Form 1 heaping teaspoon crab mixture into a 1 1/2-inch-diameter cake (mixture will be very moist), then gently dredge in cornflakes. Make more crab cakes in same manner, transferring to buttered baking sheets. Chill, covered, at least 1 hour.
- ☐ Preheat oven to 400°F.
- ☐ Bake crab cakes in batches in middle of oven until crisp and golden, 8 to 10 minutes.
- ☐ Transfer with a spatula to a platter and top each with about 1/2 tablespoon tomato ginger jam.
- ☐ Unbaked crab cakes can chill up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:7.47, Inflammation Score:-1, Nutrition Score:4.1273912994758%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 100.9kcal (5.05%), Fat: 2.58g (3.97%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 16.15g (5.87%), Sugar: 10.03g (11.15%), Cholesterol: 11.77mg (3.92%), Sodium: 177.3mg (7.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin B12: 1.31µg (21.76%), Selenium: 5.89µg (8.41%), Copper: 0.14mg (7.25%), Iron: 1.13mg (6.26%), Zinc: 0.82mg (5.47%), Vitamin K: 5.74µg (5.47%), Folate: 19.85µg (4.96%), Vitamin B2: 0.08mg (4.44%), Vitamin C: 3.42mg (4.15%), Vitamin B6: 0.08mg (4.12%), Phosphorus: 38.57mg (3.86%), Vitamin B3: 0.71mg (3.54%), Vitamin B1: 0.05mg (3.48%), Magnesium: 8.73mg (2.18%), Vitamin A: 76.32IU (1.53%), Potassium: 50.63mg (1.45%), Fiber: 0.35g (1.4%), Manganese: 0.02mg (1.21%), Calcium: 11.78mg (1.18%)