



Moroccan-Spiced Crab Cakes

READY IN



35 min.

SERVINGS



2

CALORIES



878 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup breadcrumbs japanese-style stale (panko)
- 0.3 cup canola oil
- 1 pinch ground pepper
- 2 servings ground pepper
- 0.3 cup celery finely chopped
- 2 tablespoons chives finely chopped
- 0.5 cup cilantro leaves packed
- 1 teaspoon cumin seeds
- 0.5 teaspoon ginger fresh minced

- 0.1 teaspoon ground cardamom
- 0.5 teaspoon ground cumin
- 0.5 cup cup heavy whipping cream
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon zest finely grated
- 0.5 lb lump crab meat picked over
- 1 tablespoon olive oil
- 0.5 cup orange juice fresh
- 2 tablespoons parsley finely chopped
- 0.3 cup bell pepper red finely chopped
- 2 servings salt
- 2 spring onion white green thinly sliced
- 0.5 teaspoon turmeric

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- blender
- wax paper
- mortar and pestle

Directions

- Cilantro–Orange Dressing. In a saucepan, boil the orange juice over moderately high heat until reduced to 2 tablespoons, about 8 minutes.
- Let cool, then transfer to a blender. Meanwhile, in a small dry skillet, toast the cumin seeds over moderate heat, shaking the pan occasionally, until fragrant, about 2 minutes. Grind the cumin in a mortar or spice grinder.

- Add the cumin to the blender along with the cilantro and lemon juice and blend until smooth. With the blender on, add the canola oil in a thin, steady stream. Season with salt and cayenne. Crab Cakes.
- Heat the olive oil in a nonstick skillet.
- Add the red pepper and celery and cook over moderately high heat, stirring, until the vegetables are just softened, about 2 minutes.
- Add the scallions and ginger and cook until the scallions are wilted, 1 to 2 minutes. Stir in the cumin, turmeric and cardamom and cook until fragrant, about 1 minute.
- Add the cream and boil until reduced by half, about 6 minutes.
- Transfer to a bowl and let cool slightly.
- Add the crabmeat to the cream mixture along with 1/4 cup plus 1 tablespoon of the bread crumbs, 1 1/2 tablespoons each of the parsley and chives, and the lemon zest. Season with cayenne and salt and mix gently but thoroughly. With moistened hands, shape the crab mixture into 8 cakes, using a scant 1/3 cup for each; the cakes should be about 3 inches wide and 3/4 inch thick.
- Spread the remaining bread crumbs on a large plate. Coat the crab cakes with the bread crumbs and transfer to a baking sheet lined with wax paper.
- Heat 2 tablespoons of the canola oil in a medium nonstick skillet.
- Add half of the crab cakes and cook until browned and crisp, about 3 minutes per side.
- Transfer to a platter. Repeat with the remaining canola oil and crab cakes. Arrange the crab cakes on plates, drizzle with the Cilantro–Orange Dressing and garnish with the remaining 1/2 tablespoon each of the parsley and chives.

Nutrition Facts

 PROTEIN **14.19%**  FAT **61.98%**  CARBS **23.83%**

Properties

Glycemic Index:178, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:43.637391442838%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg, Hesperetin: 8.49mg Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg, Naringenin: 1.43mg Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg, Apigenin: 8.98mg Luteolin: 0.3mg,

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg, Quercetin: 3.83mg

Nutrients (% of daily need)

Calories: 878.45kcal (43.92%), Fat: 61.09g (93.98%), Saturated Fat: 17.62g (110.12%), Carbohydrates: 52.84g (17.61%), Net Carbohydrates: 48.12g (17.5%), Sugar: 12.13g (13.48%), Cholesterol: 114.86mg (38.29%), Sodium: 1574.36mg (68.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.48g (62.95%), Vitamin B12: 10.49µg (174.83%), Vitamin K: 145.34µg (138.42%), Vitamin C: 79.34mg (96.16%), Selenium: 57.24µg (81.77%), Vitamin A: 3395.57IU (67.91%), Copper: 1.28mg (64.07%), Zinc: 8.05mg (53.7%), Vitamin E: 7.74mg (51.63%), Vitamin B1: 0.69mg (45.72%), Phosphorus: 416.67mg (41.67%), Folate: 165.3µg (41.32%), Manganese: 0.8mg (40.03%), Iron: 5.54mg (30.8%), Vitamin B3: 5.8mg (29.02%), Magnesium: 110.7mg (27.67%), Vitamin B2: 0.47mg (27.66%), Calcium: 242.81mg (24.28%), Potassium: 767.66mg (21.93%), Vitamin B6: 0.44mg (21.84%), Fiber: 4.72g (18.88%), Vitamin B5: 1.12mg (11.25%), Vitamin D: 0.95µg (6.35%)