



New England Crab Cakes

 Popular

READY IN



20 min.

SERVINGS



8

CALORIES



122 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 pound crab meat
- ☐ 0.5 cup bread crumbs dry
- ☐ 1 eggs beaten
- ☐ 1 tablespoon mayonnaise
- ☐ 1 teaspoon mustard dijon-style prepared
- ☐ 1 tablespoon old bay seasoning tm
- ☐ 1 teaspoon worcestershire sauce

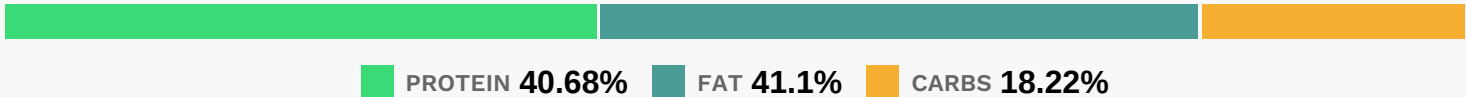
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium size bowl, combine the bread crumbs and the crab meat. Stir the beaten egg, mayonnaise, mustard, Worcestershire and Old Bay Seasoning. Lightly mix these ingredients being careful not to overwork the crab meat. Form into 8 round, flat crab cakes.
- ☐ Heat butter in a skillet over medium heat. Fry the cakes on each side until crusty and golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.716521641482%

Nutrients (% of daily need)

Calories: 121.64kcal (6.08%), Fat: 5.43g (8.35%), Saturated Fat: 2.33g (14.54%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 5.03g (1.83%), Sugar: 0.55g (0.61%), Cholesterol: 52.53mg (17.51%), Sodium: 581.6mg (25.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.09g (24.17%), Vitamin B12: 5.18µg (86.39%), Selenium: 24.36µg (34.79%), Copper: 0.55mg (27.52%), Zinc: 3.57mg (23.8%), Phosphorus: 149.39mg (14.94%), Folate: 35.74µg (8.94%), Magnesium: 32.95mg (8.24%), Vitamin K: 7.6µg (7.24%), Vitamin B1: 0.1mg (6.35%), Manganese: 0.12mg (6.02%), Vitamin B3: 1.1mg (5.5%), Iron: 0.99mg (5.49%), Vitamin B6: 0.11mg (5.49%), Vitamin C: 4.13mg (5%), Calcium: 48.67mg (4.87%), Vitamin B2: 0.08mg (4.74%), Potassium: 148.03mg (4.23%), Vitamin B5: 0.33mg (3.29%), Vitamin A: 146.11IU (2.92%), Fiber: 0.39g (1.55%), Vitamin E: 0.21mg (1.41%)