



Northwest Crabcake Burgers



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



410 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup dill sprigs fresh
- ☐ 3 tablespoons dill pickles chopped
- ☐ 12 oz focaccia from 1 loaf
- ☐ 1 cup torn leaf lettuce red
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 4 slices onion red very thin

- ☐ 4 crabcakes homemade store-bought (or)
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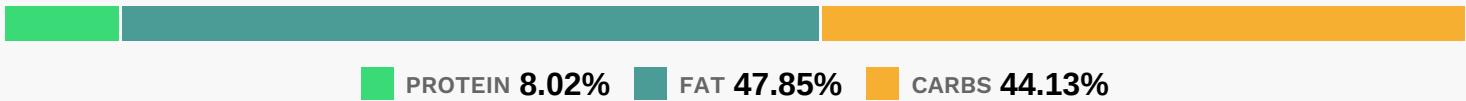
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat oil in a nonstick frying pan over medium heat.
- ☐ Add crabcakes to pan and cook, turning once, until golden and warmed, about 5 minutes total. Meanwhile, whisk together mayonnaise, pickles, and pepper in a small bowl to combine.
- ☐ Cut focaccia into 4 squares big enough to fit 1 crabcake per square and split each horizontally; toast bread.
- ☐ Toss dill and lettuce in a small bowl to combine.
- ☐ Spread inside of focaccia tops with pickle mayonnaise. Set focaccia bottoms on plates and top with crabcakes, dill-lettuce salad, and onion, then focaccia tops.
- ☐ *We especially love Portland-based Picklopolis's naturally fermented garlic dill pickles (picklopolis.com).

Nutrition Facts



Properties

Glycemic Index:41.25, Glycemic Load:17.57, Inflammation Score:-8, Nutrition Score:6.5208695971447%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 5.81mg, Isorhamnetin: 5.81mg, Isorhamnetin: 5.81mg, Isorhamnetin: 5.81mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg

Nutrients (% of daily need)

Calories: 410.07kcal (20.5%), Fat: 22.15g (34.08%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 45.96g (15.32%), Net Carbohydrates: 43.78g (15.92%), Sugar: 2.36g (2.63%), Cholesterol: 7.84mg (2.61%), Sodium: 710.15mg (30.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.72%), Vitamin K: 44.46µg (42.34%), Vitamin A: 1464.7IU (29.29%), Vitamin C: 11.52mg (13.96%), Manganese: 0.2mg (10.16%), Fiber: 2.18g (8.71%), Vitamin E: 1.14mg (7.63%), Folate: 24.65µg (6.16%), Iron: 0.98mg (5.47%), Potassium: 138.1mg (3.95%), Calcium: 38.04mg (3.8%), Vitamin B2: 0.05mg (3.18%), Vitamin B6: 0.05mg (2.56%), Magnesium: 9.88mg (2.47%), Phosphorus: 19.67mg (1.97%), Vitamin B1: 0.02mg (1.66%), Copper: 0.03mg (1.63%), Zinc: 0.19mg (1.24%), Vitamin B3: 0.24mg (1.18%), Vitamin B5: 0.11mg (1.13%)