



HEALTH SCORE

100%

Okara “Crab” Cakes



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**146 kcal**

Ingredients

- 2 carrots minced
- 0.5 cup savory vegetable minced (use a food processor to chop all vegetables quickly)
- 1 tsp kombu flaked (may use other sea vegetable)
- 0.5 bell pepper green minced
- 0.5 cup oatmeal instant quick (the kind, not)
- 1.5 cups soymilk (what you get from making one batch of soymilk in a soymilk machine)
- 1 tbsp old bay seasoning
- 1 large onion chopped
- 0.3 cup parsley chopped

2 slices bread whole wheat

Equipment

bowl

frying pan

baking sheet

oven

Directions

Place on a baking sheet and toast in the oven for 8 to 10 minutes, or until dried and toasty.

Remove from oven and set aside. In a non-stick skillet, cook celery, onion, carrot, pepper and parsley until softened, about 5 minutes. In a large bowl, combine okara, sautéed vegetable mixture, oatmeal, and seasonings.

Mix well and set aside to “rest” for 10 minutes. Preheat oven to 350° F. Using about 1/4 cup for each cake, form mixture into about 15–20 patties about 2 inches across and 1/2 inch thick. Coat each side of the patty with bread crumbs and place on a nonstick baking sheet.

Bake 15 minutes. Carefully turn cakes over and return to the oven to bake until second side is toasty and browned, about 15–20 minutes. These are delicious served with spicy cocktail sauce or vegan tartar sauce; they also make an excellent sandwich on French bread.

Nutrition Facts



Properties

Glycemic Index:81.11, Glycemic Load:9.13, Inflammation Score:-10, Nutrition Score:21.336521946866%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 146.39kcal (7.32%), Fat: 3.08g (4.73%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 23.84g (7.95%), Net Carbohydrates: 19.23g (6.99%), Sugar: 6.4g (7.11%), Cholesterol: 0mg (0%), Sodium: 147.37mg (6.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Vitamin A: 7000.87IU (140.02%), Vitamin K: 77.63µg (73.93%), Vitamin C: 30.43mg (36.88%), Manganese: 0.72mg (35.88%), Vitamin B3: 4.39mg (21.93%), Vitamin B6: 0.4mg (19.9%), Calcium: 193.41mg (19.34%), Fiber: 4.61g (18.43%), Vitamin E: 2.65mg (17.64%), Folate: 66.39µg (16.6%), Vitamin B12: 0.96µg (15.93%), Vitamin B2: 0.26mg (15.47%), Vitamin B1: 0.21mg (14.14%), Potassium: 436.21mg (12.46%), Iron: 2.15mg (11.93%), Copper: 0.24mg (11.89%), Selenium: 7.62µg (10.89%), Magnesium: 38.84mg (9.71%), Phosphorus: 94.66mg (9.47%), Zinc: 1.1mg (7.33%), Vitamin D: 1.06µg (7.08%), Vitamin B5: 0.39mg (3.91%)