



Open-Face Crab Burgers with Red Pepper Dressing

READY IN



45 min.

SERVINGS



6

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter plus more for rolls ()
- ☐ 1 teaspoon chili sauce hot (such as sriracha)
- ☐ 9 inch ciabatta rolls halved
- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 1 large eggs
- ☐ 1 green onion thinly sliced
- ☐ 2 green onions thinly sliced
- ☐ 1 tablespoon catsup

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 pound lump crab meat fresh picked over
- ☐ 0.3 cup mayonnaise organic (preferably)
- ☐ 1.8 cups panko bread crumbs divided (Japanese breadcrumbs)
- ☐ 2 tablespoons roasted pepper from jar red minced drained
- ☐ 6 heart of romaine lettuce leaves crisp trimmed to 6-inch length
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ broiler

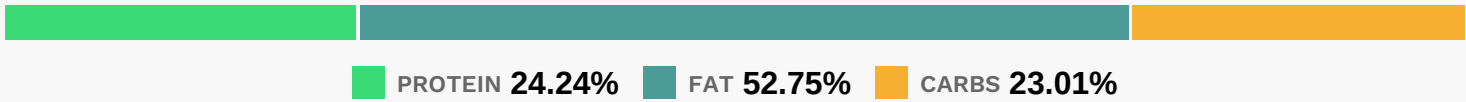
Directions

- ☐ Mix all ingredients in small bowl. Season dressing with salt and pepper.
- ☐ Whisk first 7 ingredients in large bowl.
- ☐ Mix in red pepper and green onion. Gently mix in crab and 3/4 cup panko.
- ☐ Sprinkle 1 cup panko on rimmed baking sheet. Using 1/4 cupful for each burger, shape crab mixture into twelve 3-inch patties. Press into crumbs on sheet to coat both sides; keep crab burgers on sheet. Cover with plastic wrap. Chill at least 1 hour.
- ☐ Preheat broiler.
- ☐ Spread cut sides of rolls with butter. Broil rolls, buttered side up, until golden, about 2 minutes; cover.
- ☐ Melt 2 tablespoons butter with oil in large skillet over medium-high heat. Working in 2 batches, add burgers to skillet. Sauté until brown, about 5 minutes per side.
- ☐ Arrange 1 roll half, cut side up, on each plate. Top each with lettuce leaf, then 2 crab burgers. Spoon dressing over.

☐

* Available in the Asian foods section of many supermarkets and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:22.776086900545%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 302.39kcal (15.12%), Fat: 17.63g (27.12%), Saturated Fat: 4.75g (29.72%), Carbohydrates: 17.3g (5.77%), Net Carbohydrates: 15.59g (5.67%), Sugar: 2.43g (2.7%), Cholesterol: 76.7mg (25.57%), Sodium: 1178.26mg (51.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.46%), Vitamin B12: 6.96µg (115.97%), Vitamin K: 66.3µg (63.14%), Vitamin A: 2729.04IU (54.58%), Selenium: 34.94µg (49.92%), Copper: 0.78mg (38.94%), Zinc: 4.98mg (33.22%), Folate: 100.56µg (25.14%), Phosphorus: 227.15mg (22.71%), Vitamin B1: 0.23mg (15.56%), Vitamin C: 12.43mg (15.07%), Magnesium: 52.2mg (13.05%), Manganese: 0.25mg (12.74%), Vitamin B3: 2.2mg (11.01%), Iron: 1.88mg (10.46%), Vitamin B2: 0.18mg (10.31%), Vitamin B6: 0.19mg (9.55%), Calcium: 90.32mg (9.03%), Potassium: 311.76mg (8.91%), Fiber: 1.71g (6.84%), Vitamin E: 1.02mg (6.78%), Vitamin B5: 0.57mg (5.65%), Vitamin D: 0.19µg (1.24%)