



WHATSheATE



## Panko-crusted Crab Cake Bites with Roasted Pepper-Chive Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.3 cups bread crumbs dried fine (see notes)
- ☐ 0.3 cup celery diced finely
- ☐ 12 ounces surimi crab sticks shelled cooked
- ☐ 2 teaspoons dijon mustard
- ☐ 1 large eggs
- ☐ 0.3 cup chives fresh minced
- ☐ 8 servings chives fresh rinsed cut into 1-inch lengths

- ☐ 0.3 teaspoon hot sauce
- ☐ 0.3 cup mayonnaise

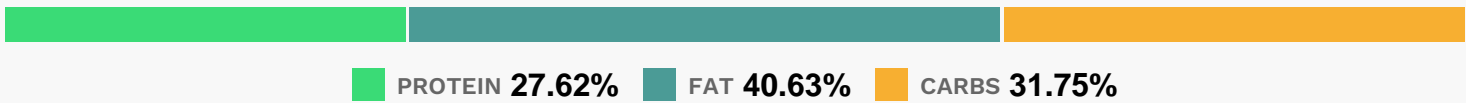
## Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ spatula

## Directions

- ☐ Sort through crab and discard any bits of shell.
- ☐ In a large bowl, combine celery, minced chives, mayonnaise, egg, mustard, and hot sauce; mix well with a fork.
- ☐ Add crab and 1/4 cup panko; stir gently just to mix.
- ☐ Put remaining 1 cup panko in a shallow bowl. Shape crab mixture into 24 cakes, each about 2 inches wide and 1/2 inch thick. Turn each cake in panko to coat on all sides, pressing gently to make crumbs adhere.
- ☐ Place cakes slightly apart in an oiled 12- by 17-inch baking pan.
- ☐ Bake in a 475 regular or convection oven until golden brown, 15 to 18 minutes. With a spatula, transfer crab cakes to a platter. Spoon a dollop of Roasted Pepper-Chive Aioli onto each cake.
- ☐ Garnish platter with fresh chives.
- ☐ Serve hot.
- ☐ Roasted Pepper-Chive Aioli. In a small bowl, mix 1/3 cup mayonnaise, 1/4 cup chopped drained canned roasted red peppers, 1 tablespoon minced fresh chives, 2 teaspoons lemon juice, and 1 teaspoon minced garlic. Makes about 1/2 cup.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:10.288260820119%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 160.38kcal (8.02%), Fat: 7.1g (10.93%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.57g (4.21%), Sugar: 1.21g (1.35%), Cholesterol: 67.44mg (22.48%), Sodium: 435.91mg (18.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Selenium: 25.03µg (35.76%), Vitamin B12: 1.54µg (25.65%), Copper: 0.4mg (20.03%), Vitamin K: 18.41µg (17.53%), Phosphorus: 144.62mg (14.46%), Zinc: 1.98mg (13.21%), Vitamin B1: 0.18mg (12.07%), Folate: 46.62µg (11.66%), Vitamin B3: 2.33mg (11.63%), Manganese: 0.21mg (10.29%), Vitamin B2: 0.14mg (8.4%), Calcium: 77.77mg (7.78%), Vitamin E: 1.11mg (7.39%), Iron: 1.21mg (6.75%), Vitamin B5: 0.64mg (6.44%), Magnesium: 25.28mg (6.32%), Vitamin B6: 0.1mg (5.22%), Potassium: 170.16mg (4.86%), Fiber: 0.92g (3.68%), Vitamin C: 2.91mg (3.52%), Vitamin A: 152.35IU (3.05%)