



Pearl Oyster Bar Crab Cakes with Sweet Corn Ragout

READY IN



45 min.

SERVINGS



8

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper black
- 1 tablespoon butter
- 1.5 teaspoons butter
- 1 tablespoon dijon mustard
- 7 tablespoons breadcrumbs dry divided
- 1 teaspoon ground mustard dry
- 2 large eggs

- 2 tablespoons basil fresh chopped
- 2 tablespoons chives fresh chopped
- 2 teaspoons chives fresh chopped
- 2.8 cups ears corn fresh (4 ears)
- 1 tablespoon juice of lemon fresh
- 1 pound lump crab meat drained
- 0.3 cup peas green frozen
- 0.5 teaspoon hot sauce hot (such as Tabasco)
- 1 pound plum tomatoes seeded finely chopped
- 2 tablespoons plum tomatoes seeded finely chopped
- 0.3 teaspoon salt
- 0.3 cup water
- 0.5 teaspoon worcestershire sauce

Equipment

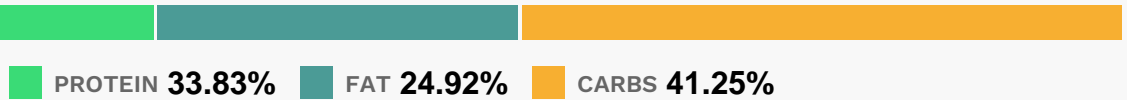
- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- measuring cup

Directions

- To prepare crab cakes, combine first 9 ingredients in a large bowl, stirring with a whisk.
- Add 2 tablespoons tomato and crabmeat, tossing gently to coat. Stir in 5 tablespoons breadcrumbs. Cover and chill 30 minutes.
- Preheat oven to 45
- Fill a 1/4-cup measuring cup with crab mixture to form 1 patty.

- Remove from measuring cup; repeat procedure with remaining crab mixture to form 8 patties. Lightly dredge patties in 2 tablespoons breadcrumbs.
- Melt 1 1/2 teaspoons butter in large ovenproof skillet over medium-high heat.
- Add patties; cook 4 minutes. Turn patties; wrap handle of pan with foil.
- Place pan in oven; bake at 450 for 5 minutes or until patties are golden brown and thoroughly heated.
- To prepare ragout, bring 1/4 cup water to a boil in a medium saucepan.
- Add corn and peas; cook 2 minutes, stirring frequently.
- Remove from heat; stir in 1 1/2 cups tomato and remaining ingredients.
- Serve ragout with crab cakes.

Nutrition Facts



Properties

Glycemic Index:59.54, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:17.971304307813%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 180.53kcal (9.03%), Fat: 5.16g (7.93%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 16.66g (6.06%), Sugar: 5.71g (6.34%), Cholesterol: 76.09mg (25.36%), Sodium: 689.08mg (29.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.75g (31.51%), Vitamin B12: 5.25µg (87.49%), Selenium: 28.27µg (40.38%), Copper: 0.63mg (31.74%), Zinc: 4.09mg (27.29%), Phosphorus: 233.26mg (23.33%), Vitamin C: 19.1mg (23.15%), Folate: 75.57µg (18.89%), Vitamin A: 851.88IU (17.04%), Magnesium: 62.65mg (15.66%), Vitamin B1: 0.23mg (15.55%), Manganese: 0.31mg (15.42%), Potassium: 455.13mg (13%), Vitamin B3: 2.59mg (12.95%), Vitamin B6: 0.23mg (11.26%), Vitamin K: 11.26µg (10.72%), Fiber: 2.55g (10.19%), Vitamin B2: 0.17mg (9.83%), Iron: 1.58mg (8.79%), Vitamin B5: 0.87mg (8.73%), Calcium: 62.78mg (6.28%), Vitamin E: 0.6mg (3.98%), Vitamin D: 0.25µg (1.67%)