



Perfect Crab Cakes With Green Onions

READY IN



45 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound crab meat picked over drained for shells
- 1 eggs beaten
- 2 tablespoons spring onion
- 4 servings lemon wedges for serving
- 2 tablespoons mayonnaise
- 4 teaspoons milk
- 6 tablespoons olive oil for frying
- 0.3 teaspoon hot sauce red hot
- 10 saltines crushed finely

- 0.3 teaspoon penzey's southwest seasoning such as old bay®

Equipment

- bowl
- frying pan
- paper towels
- plastic wrap
- measuring cup

Directions

- Mix egg, mayonnaise, green onions, Old Bay and hot sauce in a small bowl until mayo is completely incorporated, then set aside.
- Lightly break up crabmeat in a medium bowl.
- Add milk; toss gently to coat.
- Add crushed saltines; toss gently to combine.
- Add egg mixture; gently toss, once again, to combine. Using a 1/3-cup measuring cup, scoop up a portion of crab, forming the mixture into a very compact cake. Repeat to make 8 cakes (can be covered with plastic wrap and refrigerated up to 8 hours ahead).
- About 10 minutes before serving, heat oil in a 12-inch skillet over medium to medium-high heat. Carefully add crab cakes; sautee turning once, until golden brown, about 3 minutes per side.
- Transfer to a paper towel-lined plate.
- Serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:19.387391043746%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 232.16kcal (11.61%), Fat: 11.99g (18.45%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 6.43g (2.14%), Net Carbohydrates: 5.99g (2.18%), Sugar: 0.53g (0.59%), Cholesterol: 92.09mg (30.7%), Sodium: 1087.82mg (47.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.16g (46.32%), Vitamin B12: 10.35µg (172.43%), Selenium: 45.72µg (65.31%), Copper: 1.07mg (53.51%), Zinc: 6.99mg (46.62%), Phosphorus: 286.05mg (28.6%), Vitamin K: 24.02µg (22.88%), Folate: 68.24µg (17.06%), Magnesium: 60.8mg (15.2%), Vitamin C: 9.23mg (11.18%), Vitamin B6: 0.21mg (10.25%), Vitamin B3: 1.78mg (8.88%), Vitamin B2: 0.15mg (8.72%), Iron: 1.48mg (8.24%), Potassium: 280.76mg (8.02%), Vitamin B1: 0.11mg (7.47%), Vitamin E: 1.11mg (7.42%), Calcium: 73.86mg (7.39%), Vitamin B5: 0.64mg (6.39%), Manganese: 0.13mg (6.35%), Vitamin A: 135.12IU (2.7%), Vitamin D: 0.29µg (1.93%), Fiber: 0.45g (1.79%)