



Quick Crab Cakes

 **Gluten Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 2 tablespoons butter thinly sliced into 6 pieces
- 1.5 tablespoons dijon mustard
- 1 optional: lemon cut into wedges
- 1 pound lump crab meat
- 2.5 cups potato chips
- 0.3 cup tartar sauce

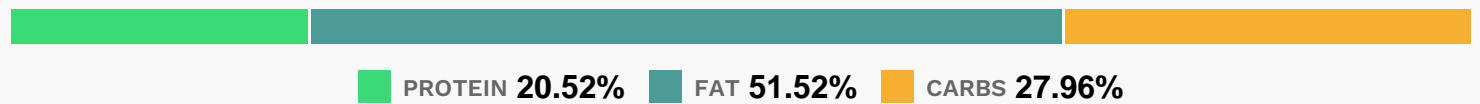
Equipment

- bowl
- baking sheet
- aluminum foil
- broiler

Directions

- Heat broiler. In a medium bowl, finely crush the potato chips.
- Add the crabmeat, tartar sauce, mustard, and pepper and stir to combine. Form the mixture into 6 patties and place on a parchment- or foil-lined baking sheet. Top each with a pat of butter and broil until browned, 1 to 2 minutes.
- Serve with the lemon wedges.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:19.566521706788%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 319.35kcal (15.97%), Fat: 18.54g (28.53%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 22.64g (7.55%), Net Carbohydrates: 20.8g (7.56%), Sugar: 1.15g (1.28%), Cholesterol: 42.66mg (14.22%), Sodium: 973.29mg (42.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.62g (33.24%), Vitamin B12: 6.81µg (113.57%), Selenium: 29.91µg (42.73%), Copper: 0.79mg (39.67%), Zinc: 4.94mg (32.93%), Vitamin C: 22.78mg (27.62%), Vitamin E: 4.04mg (26.94%), Phosphorus: 230.05mg (23%), Vitamin B5: 1.87mg (18.65%), Potassium: 620.38mg (17.73%), Vitamin B6: 0.32mg (16.22%), Magnesium: 63.58mg (15.89%), Manganese: 0.31mg (15.33%), Vitamin K: 14.62µg (13.92%), Vitamin B3: 2.57mg (12.85%), Folate: 46.55µg (11.64%), Vitamin B1: 0.12mg (8.3%), Fiber: 1.85g (7.39%), Iron: 1.11mg (6.15%), Calcium: 53.98mg (5.4%), Vitamin B2: 0.08mg (4.42%), Vitamin A: 162.38IU (3.25%)