



## Quick & Easy Crab Cake

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup butter
- 12 oz crab meat flaked drained canned
- 3 eggs beaten
- 1 optional: lemon cut into 6 wedges
- 6 oz stove top cornbread stuffing mix
- 1 cup water boiling

### Equipment

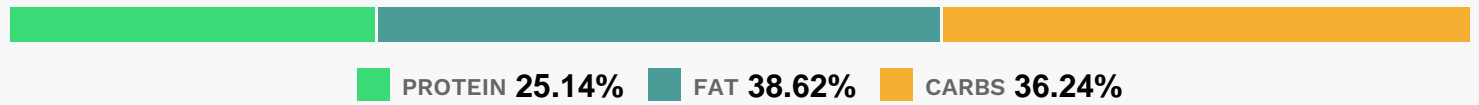
- bowl

frying pan

## Directions

- Add boiling water to stuffing mix in large bowl; stir just until moistened.
- Let stand 5 min.
- Add crabmeat and eggs; mix lightly. Shape into 6 patties.
- Melt butter in large skillet on medium heat.
- Add crab patties; cook 5 min. on each side or until heated through and lightly browned on both sides.
- Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:4.25, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:15.073043398235%

## 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: 261.17kcal (13.06%), Fat: 11.14g (17.14%), Saturated Fat: 2.63g (16.43%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 22.11g (8.04%), Sugar: 2.88g (3.2%), Cholesterol: 137.12mg (45.71%), Sodium: 840.29mg (36.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.32g (32.65%), Selenium: 44.76µg (63.94%), Vitamin B12: 2.1µg (34.98%), Copper: 0.56mg (27.89%), Folate: 88.96µg (22.24%), Phosphorus: 221.26mg (22.13%), Zinc: 2.72mg (18.15%), Vitamin B2: 0.27mg (16.17%), Vitamin B3: 3.23mg (16.15%), Vitamin C: 11.43mg (13.85%), Vitamin B1: 0.2mg (13.26%), Vitamin E: 1.7mg (11.35%), Manganese: 0.22mg (11.1%), Vitamin B5: 1.06mg (10.58%), Iron: 1.86mg (10.31%), Calcium: 100.12mg (10.01%), Vitamin A: 462.79IU (9.26%), Vitamin B6: 0.18mg (9.21%), Magnesium: 36.51mg (9.13%), Potassium: 275.76mg (7.88%), Fiber: 1.41g (5.64%), Vitamin D: 0.44µg (2.93%)