



Red Pepper Crab Cakes with Lemony Mayo

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons celery finely chopped
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2 tablespoons optional: dill fresh divided chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 1 pound lump crab meat
- ☐ 0.3 cup canola mayonnaise
- ☐ 1 tablespoon olive oil divided
- ☐ 0.7 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 cup bell pepper red finely chopped

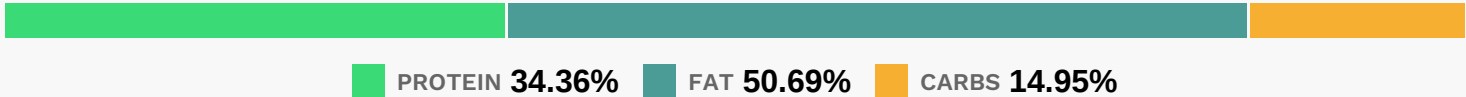
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add bell pepper, celery, and green onions to pan; saut for 4 minutes or until vegetables are tender.
- ☐ Place vegetable mixture, crab, panko, 1 tablespoon dill, ground red pepper, egg, and egg white in a large bowl, stirring gently to combine. Working quickly with damp hands, gently shape about 1/2 cup crab mixture into a 3/4-inch-thick patty. Repeat procedure with remaining crab mixture, forming 8 patties. Wipe pan with paper towels. Return pan to medium-high heat.
- ☐ Add remaining 2 teaspoons oil; swirl to coat.
- ☐ Add patties to pan; cook 3 minutes on each side or until golden and thoroughly heated.
- ☐ Combine remaining 1 tablespoon dill, mayonnaise, lemon rind, and lemon juice in a small bowl, stirring with a whisk. Top each crab cake with about 2 teaspoons mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:0.64, Inflammation Score:-8, Nutrition Score:26.550434843354%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 297.95kcal (14.9%), Fat: 16.56g (25.48%), Saturated Fat: 2.77g (17.3%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 9.39g (3.41%), Sugar: 2.82g (3.13%), Cholesterol: 100.01mg (33.34%), Sodium: 1149.18mg (49.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.26g (50.53%), Vitamin B12: 10.38µg (172.94%), Vitamin C: 60.79mg (73.69%), Selenium: 49.73µg (71.04%), Copper: 1.1mg (55.03%), Zinc: 7.21mg (48.08%), Vitamin K: 42.25µg (40.23%), Phosphorus: 308.37mg (30.84%), Vitamin A: 1427.51IU (28.55%), Folate: 92.79µg (23.2%), Magnesium: 69.62mg (17.4%), Vitamin B6: 0.33mg (16.47%), Vitamin B2: 0.23mg (13.44%), Vitamin B1: 0.18mg (11.98%), Vitamin E: 1.79mg (11.94%), Vitamin B3: 2.37mg (11.84%), Potassium: 408.43mg (11.67%), Manganese: 0.2mg (10.04%), Iron: 1.72mg (9.58%), Calcium: 90.42mg (9.04%), Vitamin B5: 0.83mg (8.33%), Fiber: 1.6g (6.42%), Vitamin D: 0.28µg (1.85%)