



Salmon-Stuffed Crab Cakes

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup canola oil
- 4 servings garnish: cilantro sprigs fresh
- 0.3 cup green onions finely chopped
- 1 pound lump crab meat fresh drained
- 2 tablespoons mayonnaise
- 1 cup panko bread crumbs (Japanese breadcrumbs)
- 0.3 cup roasted peppers diced red finely
- 0.5 teaspoon sea salt

- 3 ounces salmon smoked
- 4 servings spicy avocado tartar sauce
- 0.5 teaspoon pepper white

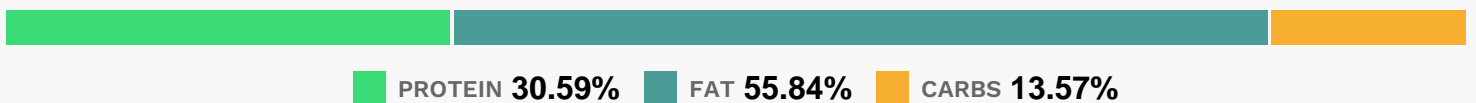
Equipment

- bowl
- frying pan
- paper towels

Directions

- Stir together first 6 ingredients in a large bowl. Divide mixture into 8 balls.
- Flatten each ball into a 3-inch patty. Divide smoked salmon into 4 pieces, and place in center of 4 patties.
- Place remaining patties over salmon, pressing edges to seal; coat cakes in breadcrumbs.
- Heat oil in a large nonstick skillet over medium-high heat; add cakes, and cook, in batches, 3 to 4 minutes on each side or until golden.
- Drain on paper towels.
- Serve immediately with Spicy Avocado Tartar Sauce.
- Garnish with fresh cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:23.779999981756%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 357.19kcal (17.86%), Fat: 21.84g (33.6%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 10.93g (3.97%), Sugar: 1.16g (1.29%), Cholesterol: 55.53mg (18.51%), Sodium: 1687.15mg (73.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.84%), Vitamin B12: 10.96µg (182.67%), Selenium: 52.19µg (74.56%), Copper: 1.15mg (57.68%), Zinc: 7.09mg (47.24%), Vitamin K: 36.15µg (34.43%), Phosphorus: 314.15mg (31.42%), Vitamin D: 3.65µg (24.33%), Vitamin E: 3.03mg (20.22%), Folate: 72.26µg (18.06%), Magnesium: 68.44mg (17.11%), Vitamin B3: 3.33mg (16.65%), Vitamin C: 13.28mg (16.1%), Vitamin B1: 0.21mg (13.69%), Vitamin B6: 0.27mg (13.41%), Manganese: 0.22mg (10.93%), Iron: 1.79mg (9.97%), Potassium: 330.81mg (9.45%), Calcium: 91.77mg (9.18%), Vitamin B2: 0.14mg (8.26%), Vitamin B5: 0.69mg (6.86%), Fiber: 1.02g (4.06%), Vitamin A: 166.47IU (3.33%)