



## Seasoned Crab Cakes

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups breadcrumbs soft
- 0.5 teaspoon mustard dry
- 1 large egg white
- 2 tablespoons mayonnaise fat-free
- 1 tablespoon parsley fresh finely chopped
- 2 tablespoons green onions chopped
- 0.3 teaspoon ground pepper red
- 1 pound lump crab meat drained
- 2 tablespoons bell pepper red chopped

1 teaspoon vegetable oil

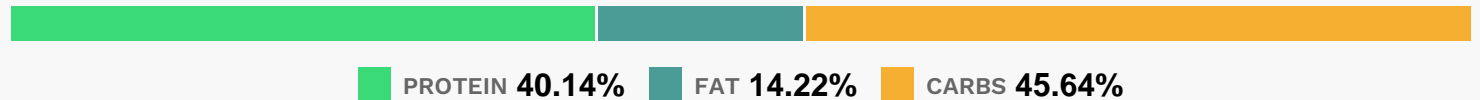
## Equipment

frying pan

## Directions

- Combine first 8 ingredients; stir well.
- Add crabmeat, stirring gently. Shape mixture into 4 patties.
- Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium heat until hot.
- Add patties; cook 5 minutes on each side or until lightly browned.
- Serve immediately.
- Garnish with lemon wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:32, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:24.764782724173%

## Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

## Nutrients (% of daily need)

Calories: 279.54kcal (13.98%), Fat: 4.29g (6.61%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 28.77g (10.46%), Sugar: 3.59g (3.99%), Cholesterol: 48.26mg (16.09%), Sodium: 1314.62mg (57.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.54%), Vitamin B12: 10.35µg (172.58%), Selenium: 53.71µg (76.73%), Copper: 1.16mg (57.95%), Zinc: 7.39mg (49.28%), Phosphorus: 322.09mg (32.21%), Vitamin B1: 0.45mg (29.88%), Vitamin K: 29.42µg (28.02%), Folate: 99.68µg (24.92%), Manganese: 0.43mg (21.73%), Vitamin B3: 4.04mg (20.2%), Vitamin C: 15.9mg (19.27%), Magnesium: 76.8mg (19.2%), Iron: 2.8mg (15.55%), Vitamin B2: 0.26mg (15.19%), Calcium: 131.99mg (13.2%), Vitamin B6: 0.24mg (11.99%), Potassium:

355.58mg (10.16%), Fiber: 2.23g (8.91%), Vitamin A: 339.05IU (6.78%), Vitamin B5: 0.66mg (6.59%), Vitamin E: 0.27mg (1.83%)