



Southern-Style Crab Cakes with Cool Lime Sauce

READY IN



25 min.

SERVINGS



18

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz crab meat flaked drained canned
- 0.3 cup knudsen cream sour
- 2 Tbsp grey poupon country dijon mustard
- 1 green onion chopped
- 1 lime zest divided
- 1 cup real mayo mayonnaise divided kraft
- 0.7 oz env. seasons dressing mix italian good
- 25 ritz crackers divided crushed finely

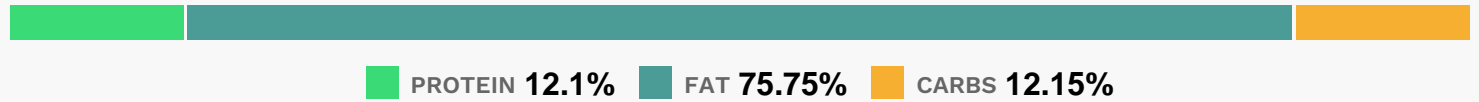
Equipment

- bowl
- frying pan

Directions

- Mix half the lime juice, 1/2 cup mayo, dressing mix and mustard in medium bowl until blended.
- Add crabmeat, 1/2 cup cracker crumbs and onions; mix lightly.
- Shape into 18 (1/2-inch-thick) patties; coat with remaining cracker crumbs.
- Cook, in batches, in large nonstick skillet on medium heat 2 min. on each side or until browned on both sides and heated through. Meanwhile, mix sour cream, lime zest, remaining mayo and lime juice.
- Serve crab cakes with lime sauce.

Nutrition Facts



Properties

Glycemic Index:8.11, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:4.5621739852688%

Flavonoids

Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 132.55kcal (6.63%), Fat: 11.1g (17.08%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 3.72g (1.35%), Sugar: 0.62g (0.69%), Cholesterol: 25.44mg (8.48%), Sodium: 324.37mg (14.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin K: 23.9µg (22.76%), Selenium: 9.29µg (13.27%), Vitamin B12: 0.65µg (10.85%), Copper: 0.17mg (8.31%), Phosphorus: 63.36mg (6.34%), Vitamin E: 0.93mg (6.21%), Zinc: 0.79mg (5.28%), Vitamin B3: 0.75mg (3.73%), Folate: 14.29µg (3.57%), Calcium: 30.6mg (3.06%), Vitamin B5: 0.25mg (2.5%), Manganese: 0.05mg (2.3%), Magnesium: 9.2mg (2.3%), Vitamin B2: 0.04mg (2.28%), Vitamin C: 1.87mg (2.26%), Iron: 0.37mg (2.04%), Potassium: 68.53mg (1.96%), Vitamin B1: 0.03mg (1.95%), Vitamin B6: 0.04mg (1.87%), Fiber: 0.29g (1.16%)