



## Southwest Crab Cakes

READY IN



45 min.

SERVINGS



16

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup breadcrumbs soft
- 1 teaspoon chili powder
- 0.5 cup whole-kernel corn frozen
- 1 egg white lightly beaten
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper red
- 1 pound lump crab meat fresh drained
- 0.5 cup nonfat cream sour
- 0.3 cup poblano chile minced

- 16 radicchio leaves
- 16 servings santa fe salsa

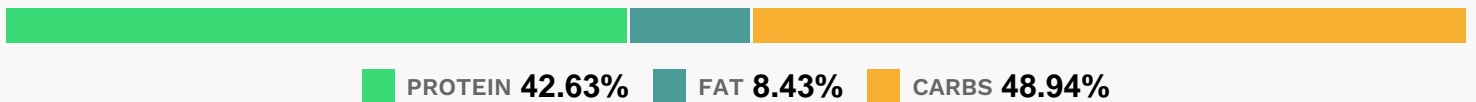
## Equipment

- bowl
- frying pan

## Directions

- Cook corn according to package directions, omitting salt and fat.
- Drain well.
- Combine sour cream and egg white in a large bowl, and mix well; add corn, poblano chile, and next 3 ingredients, stirring well.
- Add breadcrumbs and crabmeat, stirring well. Shape mixture into 16 (1/2-inch-thick) patties.
- Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- Add crab cakes, in batches, and cook 3 to 4 minutes on each side or until golden.
- Arrange radicchio leaves on a serving platter; place a crab cake in center of each leaf. Spoon Santa Fe Salsa evenly over crab cakes.

## Nutrition Facts



## Properties

Glycemic Index:2.94, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:7.5921738769697%

## Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 64.36kcal (3.22%), Fat: 0.61g (0.94%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.94g (2.52%), Sugar: 1.9g (2.11%), Cholesterol: 12.55mg (4.18%), Sodium: 510.21mg (22.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.94g (13.88%), Vitamin B12: 2.59µg (43.21%), Selenium: 12.71µg

(18.16%), Copper: 0.31mg (15.29%), Zinc: 1.9mg (12.64%), Phosphorus: 91.94mg (9.19%), Vitamin C: 5.28mg (6.4%), Vitamin B6: 0.12mg (5.98%), Magnesium: 23.36mg (5.84%), Folate: 22.92µg (5.73%), Vitamin B3: 1.1mg (5.51%), Manganese: 0.11mg (5.43%), Vitamin B1: 0.08mg (5.33%), Potassium: 182.05mg (5.2%), Vitamin A: 243.65IU (4.87%), Vitamin K: 4.62µg (4.4%), Calcium: 42.08mg (4.21%), Fiber: 1.03g (4.11%), Vitamin B2: 0.07mg (4.07%), Iron: 0.64mg (3.57%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.22mg (2.2%)