



Southwestern Crabcakes

READY IN



30 min.

SERVINGS



10

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup bread crumbs soft
- 0.3 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 0.5 cup regular corn yellow canned
- 1 egg white beaten
- 1 teaspoon ground cumin
- 0.5 cup heavy whipping cream sour reduced-fat
- 16 ounce lump crab meat drained canned
- 0.3 cup olive oil or as needed

0.5 cup poblano pepper minced

Equipment

bowl

frying pan

paper towels

Directions

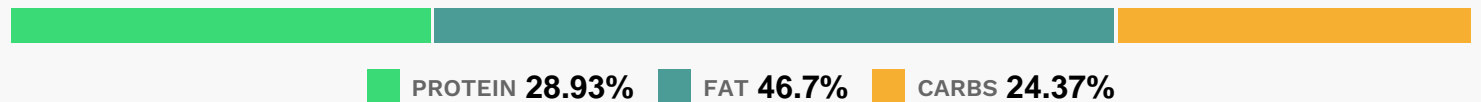
In a large bowl, stir together the sour cream and egg white. Stir in the corn and poblano pepper, and season with chili powder, cumin, and cayenne pepper.

Mix in the bread crumbs and crabmeat until well blended. Shape into 10 patties about 1/2 inch thick.

Heat the oil in a large skillet over medium-high heat. Cook the crab cakes 4 or 5 at a time until browned on both sides, about 10 minutes. Cover the pan with a lid while frying so the patties get heated through.

Drain on paper towels, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:10.772608773864%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 145.39kcal (7.27%), Fat: 7.54g (11.59%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.07g (2.93%), Sugar: 1.1g (1.22%), Cholesterol: 23.08mg (7.69%), Sodium: 457.06mg (19.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.5g (21%), Vitamin B12: 4.16µg (69.36%), Selenium: 19.58µg (27.97%), Copper: 0.45mg (22.7%), Zinc: 2.95mg (19.68%), Phosphorus: 130.48mg (13.05%), Vitamin C: 9.75mg (11.81%), Folate: 32.66µg (8.16%), Magnesium: 31.04mg (7.76%), Vitamin B1: 0.12mg (7.73%), Vitamin E: 0.95mg (6.34%), Vitamin B3: 1.25mg (6.25%), Manganese: 0.12mg (6.18%), Vitamin B6: 0.11mg (5.7%), Calcium: 55.74mg

(5.57%), Vitamin B2: 0.09mg (5.21%), Iron: 0.93mg (5.17%), Potassium: 176.04mg (5.03%), Vitamin K: 4.69µg (4.46%), Vitamin A: 179.07IU (3.58%), Fiber: 0.78g (3.12%), Vitamin B5: 0.28mg (2.79%)