



Spicy Crab Cakes with Horseradish Mayo

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bread white
- ☐ 0.8 cup parsley fresh chopped
- ☐ 1 large egg yolk
- ☐ 2 teaspoons juice of lemon
- ☐ 2 teaspoons worcestershire sauce
- ☐ 1.5 teaspoon all the tabasco sauce you handle
- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 teaspoon paprika

- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 0.5 teaspoon celery seeds
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 5 tablespoons olive oil extra virgin
- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup bell pepper red chopped
- ☐ 1 pound dungeness crabmeat fresh picked over cooked drained
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons horseradish prepared for a scratch version (see how to make horseradish)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 6 servings kosher salt

Equipment

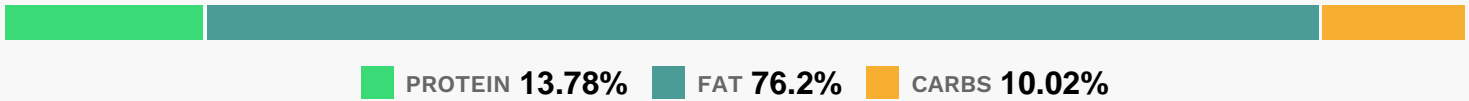
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Make fresh breadcrumbs: Chop up the bread into big chunks and place in a food processor. Pulse until you have fine breadcrumbs. You'll need about 4 cups.
- ☐ Place the breadcrumbs in a shallow bowl and stir in 1/2 cup of the chopped fresh parsley. Clean out the food processor bowl.
- ☐ Process crab cake binder ingredients:
- ☐ Put the egg yolk, lemon juice, Worcestershire sauce, Tabasco, mustard, paprika, thyme, celery seeds and black pepper into the food processor. Pulse until blended.

- ☐ While the motor is running slowly add a thin stream of olive oil through the feed tube until the sauce emulsifies.
- ☐ Remove from food processor to a large bowl.
- ☐ Make crab cake mixture: To the large bowl with the sauce, stir in the chopped onion, bell pepper, and remaining 1/4 cup of parsley. Gently fold in the cracked crab meat. Do not over mix! Gently fold in half of the breadcrumb mixture.
- ☐ Make patties, dredge in remaining breadcrumbs: Carefully form six crab cakes patties. Lightly dredge them in the remaining breadcrumbs.
- ☐ Chill: Cover with plastic wrap and refrigerate for at least an hour.
- ☐ Heat 2 tablespoons of butter in a large non-stick skillet on medium heat. Working in batches, fry crab cakes gently 4 to 5 minutes on each side, until they are golden brown and heated through.
- ☐ Add more butter to the pan if necessary.
- ☐ Make horseradish mayo sauce: To prepare the horseradish mayonnaise, combine all ingredients in a small bowl and mix well. Taste and adjust seasoning. Cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:61.96, Glycemic Load:6.43, Inflammation Score:-8, Nutrition Score:24.227391346641%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 493.4kcal (24.67%), Fat: 41.79g (64.29%), Saturated Fat: 6.51g (40.66%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.77g (3.92%), Sugar: 2.77g (3.08%), Cholesterol: 78.03mg (26.01%), Sodium: 1277.84mg (55.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17g (34.01%), Vitamin K: 193.67µg (184.45%), Vitamin

B12: 6.9µg (115.07%), Selenium: 35.78µg (51.11%), Vitamin C: 34.48mg (41.8%), Copper: 0.76mg (38.22%), Zinc: 4.99mg (33.27%), Phosphorus: 223.1mg (22.31%), Vitamin E: 3.28mg (21.89%), Vitamin A: 1026.33IU (20.53%), Folate: 79.1µg (19.77%), Magnesium: 53.83mg (13.46%), Iron: 2.2mg (12.24%), Manganese: 0.23mg (11.56%), Vitamin B1: 0.16mg (10.49%), Calcium: 104.68mg (10.47%), Vitamin B6: 0.21mg (10.36%), Vitamin B3: 1.92mg (9.61%), Potassium: 313.33mg (8.95%), Vitamin B2: 0.12mg (7.25%), Fiber: 1.59g (6.38%), Vitamin B5: 0.6mg (6.04%), Vitamin D: 0.23µg (1.52%)