



Spicy Crab Cakes with Lemon Aioli Sauce

READY IN



55 min.

SERVINGS



5

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon chives chopped
- ☐ 1 teaspoon crab boil seasoning
- ☐ 0.5 cup dijon mustard
- ☐ 1 large eggs
- ☐ 1 tablespoon parsley leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 5 servings hot sauce to taste
- ☐ 5 servings kosher salt and pepper black freshly ground

- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest
- ☐ 1 pound lump crab meat picked over
- ☐ 0.5 cup mayonnaise
- ☐ 1 cup panko bread crumbs plain
- ☐ 0.5 cup vegetable oil; peanut oil preferred
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 1 shallots chopped fine

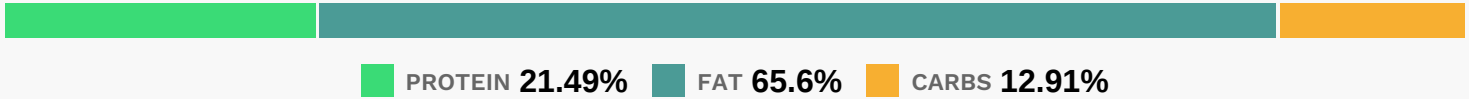
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a medium size pan over medium heat.
- ☐ Add the butter. Once melted add the shallot, 1 clove of garlic and red pepper. Lightly saute until tender, about 3 minutes. Season with salt and pepper.
- ☐ Remove from heat and allow to cool.
- ☐ In a medium bowl, mix together mayonnaise, Dijon mustard, lemon zest, crab boil seasoning, fresh parsley, 1/2 cup of the panko and egg.
- ☐ Mix in cooked vegetables, hot sauce, and salt and pepper, to taste.
- ☐ Add crabmeat and stir well.
- ☐ Form crab cakes using about 2 tablespoons of crab mixture for each cake.. Flatten until they're about 3/4 inches high. Dip the cakes into the remaining panko.
- ☐ Add oil to a large skillet over high heat.
- ☐ Add crab cakes and saute, flipping once, until golden brown and crisp, about 5 to 6 minutes per side.
- ☐ Serve with Lemon Aioli.
- ☐ In a medium bowl, mix all the ingredients together.

Nutrition Facts



Properties

Glycemic Index:66.6, Glycemic Load:0.52, Inflammation Score:-7, Nutrition Score:23.155652289805%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 394.22kcal (19.71%), Fat: 28.69g (44.13%), Saturated Fat: 6.86g (42.86%), Carbohydrates: 12.71g (4.24%), Net Carbohydrates: 10.61g (3.86%), Sugar: 2.25g (2.49%), Cholesterol: 96.75mg (32.25%), Sodium: 1316.93mg (57.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.28%), Vitamin B12: 8.33µg (138.87%), Selenium: 48.36µg (69.08%), Vitamin K: 56.33µg (53.65%), Copper: 0.91mg (45.64%), Zinc: 5.98mg (39.84%), Phosphorus: 279.48mg (27.95%), Vitamin C: 21.85mg (26.48%), Folate: 69.88µg (17.47%), Magnesium: 67.49mg (16.87%), Manganese: 0.33mg (16.4%), Vitamin B1: 0.22mg (14.77%), Vitamin E: 1.89mg (12.62%), Vitamin B6: 0.24mg (12.24%), Vitamin A: 586.86IU (11.74%), Iron: 2.06mg (11.43%), Vitamin B3: 2.07mg (10.34%), Vitamin B2: 0.17mg (9.86%), Calcium: 98.47mg (9.85%), Potassium: 320.39mg (9.15%), Fiber: 2.1g (8.4%), Vitamin B5: 0.72mg (7.17%), Vitamin D: 0.24µg (1.63%)