



Sweet Corn, Leek, and Basil Crab Cakes

READY IN



56 min.

SERVINGS



8

CALORIES



362 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 8 servings champagne
- ☐ 1 tablespoon chervil fresh chopped
- ☐ 2 eggs beaten
- ☐ 1 tablespoon basil fresh thinly sliced
- ☐ 1 tablespoon chives fresh thinly sliced
- ☐ 0.5 cup ears corn fresh
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 0.5 teaspoon kosher salt

- ☐ 0.5 cup leek diced finely
- ☐ 0.5 pound lump crab meat
- ☐ 0.8 cup mayonnaise
- ☐ 1.5 cups panko bread crumbs divided
- ☐ 1 tablespoon butter unsalted
- ☐ 0.3 teaspoon pepper white freshly ground
- ☐ 0.5 cup onion diced yellow finely

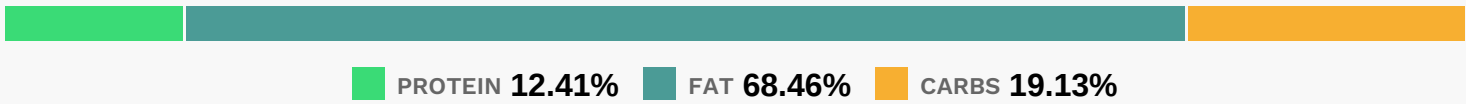
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add corn, leeks, and onion, and cook 2 minutes.
- ☐ Transfer to a bowl; set aside to cool.
- ☐ Stir eggs, herbs, and mayonnaise into vegetables. Stir in salt, pepper, and 1/2 cup panko. Fold crabmeat into vegetables; form mixture into 8 cakes.
- ☐ Place remaining 1 cup panko in a shallow bowl; coat crab cakes in panko to cover.
- ☐ Heat oil in skillet over medium-high heat. Saut crab cakes, in batches, 1 to 2 minutes or until golden brown on one side. Turn crab cakes over, and cook 3 to 5 minutes or until cooked through.
- ☐ Serve with Champagne-Citrus Beurre Blanc.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:12.760869601498%

Flavonoids

Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 362.39kcal (18.12%), Fat: 22.68g (34.9%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 13.14g (4.78%), Sugar: 3.78g (4.2%), Cholesterol: 65.41mg (21.8%), Sodium: 628.17mg (27.31%), Alcohol: 9.47g (100%), Alcohol %: 4.76% (100%), Protein: 9.25g (18.51%), Vitamin B12: 2.72µg (45.28%), Vitamin K: 42.14µg (40.13%), Selenium: 17.72µg (25.31%), Copper: 0.34mg (17.25%), Zinc: 2.3mg (15.35%), Phosphorus: 148.39mg (14.84%), Manganese: 0.26mg (13.13%), Iron: 2.23mg (12.39%), Folate: 46.21µg (11.55%), Magnesium: 45.23mg (11.31%), Vitamin B1: 0.15mg (10.3%), Vitamin E: 1.53mg (10.19%), Potassium: 336.98mg (9.63%), Vitamin B2: 0.15mg (9.01%), Vitamin B6: 0.17mg (8.37%), Calcium: 80.39mg (8.04%), Vitamin B3: 1.53mg (7.63%), Vitamin A: 336.28IU (6.73%), Vitamin C: 5.03mg (6.1%), Vitamin B5: 0.45mg (4.55%), Fiber: 1.12g (4.49%), Vitamin D: 0.29µg (1.92%)