



True Maryland Crab Cakes



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound crab meat flaked cooked
- ☐ 1 eggs beaten
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 tablespoons mayonnaise to taste
- ☐ 3 tablespoons pancake mix
- ☐ 3 cups vegetable oil for frying
- ☐ 1 tablespoon mustard yellow prepared

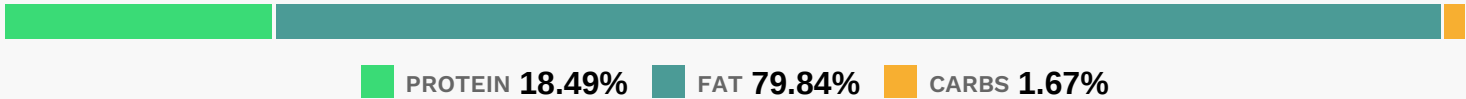
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ In a medium bowl, stir together the pancake mix, mustard, mayonnaise, egg and parsley until well blended. Fold in the crabmeat. Form into 3 inch patties.
- ☐ Heat the oil in a large skillet over medium to medium-high heat. There should be enough oil to reach half way up the sides of the crab cakes. When the oil is hot, carefully place the patties in the pan. Fry until golden brown on each side, about 8 minutes per side. If patties are browning too fast, reduce the heat.
- ☐ Drain on paper towels, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:10.940869484259%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 242.61kcal (12.13%), Fat: 21.5g (33.08%), Saturated Fat: 3.46g (21.61%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.08g (0.09%), Cholesterol: 79.66mg (26.55%), Sodium: 395.47mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.21g (22.41%), Vitamin K: 47.04µg (44.8%), Selenium: 27.05µg (38.64%), Vitamin B12: 1.95µg (32.55%), Copper: 0.47mg (23.5%), Vitamin E: 2.62mg (17.47%), Phosphorus: 155.79mg (15.58%), Zinc: 2.28mg (15.18%), Folate: 33.67µg (8.42%), Vitamin B3: 1.62mg (8.08%), Vitamin B5: 0.68mg (6.8%), Calcium: 63.01mg (6.3%), Magnesium: 22.89mg (5.72%), Vitamin B2: 0.09mg (5.26%), Vitamin B6: 0.1mg (5.15%), Potassium: 166.67mg (4.76%), Vitamin C: 2.56mg (3.1%), Manganese: 0.06mg (2.82%), Iron: 0.49mg (2.73%), Vitamin A: 84.73IU (1.69%), Vitamin B1: 0.03mg (1.69%)