



Ultimate Crab Cakes

READY IN



35 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs beaten
- 2 tablespoons spring onion finely chopped
- 2 tablespoons parsley fresh chopped
- 2 tablespoons mayonnaise
- 2 teaspoons seafood seasoning (from 6-oz container)
- 1 teaspoon dijon mustard
- 1 lb lump crab meat
- 4 oz swiss cheese shredded
- 1 serving salt and pepper to taste

- 1.5 cups panko bread crumbs crispy
- 1 serving vegetable oil for frying
- 1 serving tartar sauce

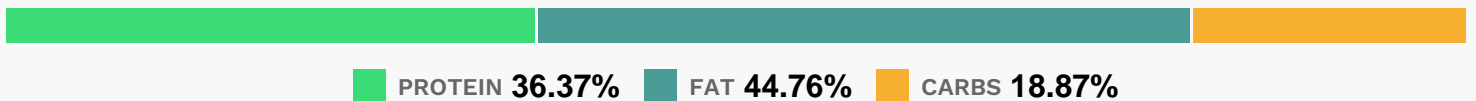
Equipment

- bowl
- frying pan
- baking sheet

Directions

- Line cookie sheet with waxed paper. In large bowl, mix egg, bell pepper, green onions, parsley, mayonnaise, seafood seasoning and mustard. Gently stir in crab meat and Swiss cheese. Season to taste with salt and pepper. Shape into 8 patties.
- Dip both sides of each crab cake into bread crumbs, pressing crumbs into cake with hands to completely cover; place on cookie sheet. Refrigerate about 20 minutes to firm up crab cakes.
- In 12-inch skillet, heat oil over medium heat.
- Add patties; cook until golden brown on both sides, being very careful when flipping so patties do not fall apart.
- Serve warm with tartar sauce.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:16.142608684042%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 193.42kcal (9.67%), Fat: 9.44g (14.52%), Saturated Fat: 3.6g (22.48%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.29g (3.01%), Sugar: 0.83g (0.92%), Cholesterol: 79.39mg (26.46%), Sodium: 653.29mg (28.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Vitamin B12: 5.67µg (94.54%), Selenium: 31.46µg (44.94%), Vitamin K: 30.93µg (29.45%), Zinc: 4.34mg (28.93%), Copper: 0.57mg (28.71%), Phosphorus: 249.3mg (24.93%), Calcium: 187.15mg (18.71%), Folate: 46.83µg (11.71%), Magnesium: 40.88mg (10.22%), Vitamin B2: 0.17mg (9.83%), Vitamin B1: 0.14mg (9.58%), Manganese: 0.17mg (8.42%), Iron: 1.37mg (7.6%), Vitamin B3: 1.43mg (7.13%), Vitamin C: 5.65mg (6.84%), Vitamin B6: 0.14mg (6.82%), Vitamin A: 305.94IU (6.12%), Potassium: 177.79mg (5.08%), Vitamin B5: 0.5mg (5.03%), Fiber: 0.66g (2.65%), Vitamin E: 0.38mg (2.53%), Vitamin D: 0.23µg (1.51%)