



West Indian Curried Crab and Lobster Cakes

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 pound crab meat
- 1 eggs
- 2 tablespoons javin curry blend
- 0.5 pound spiny lobster cooked chopped
- 0.5 cup mayonnaise
- 1 cup panko bread crumbs
- 2 tablespoons parsley chopped
- 0.3 cup bell pepper diced red

- 0.3 cup onion red chopped
- 6 servings salt and pepper black freshly ground
- 2 scallions chopped
- 1 tablespoon grain mustard whole
- 1 tablespoon worcestershire sauce
- 0.3 cup bell pepper diced yellow

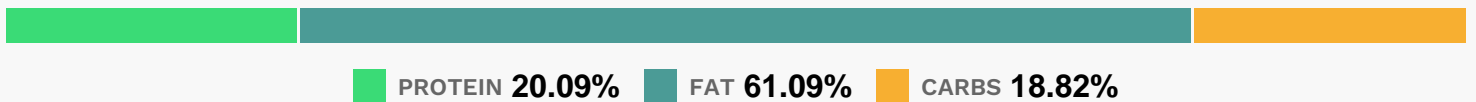
Equipment

- mixing bowl

Directions

- Combine everything in a mixing bowl except the crabmeat, lobster, and panko. Taste the mixture for seasoning. Gently fold in crabmeat and lobster, careful not to break up crabmeat too much. Fold in panko, adding enough so that the mixture is not too tight.
- Cook 1 crab cake and taste. Adjust the seasoning if necessary.
- Form into 2 1/2-ounce cakes.
- Saute on both sides until golden brown.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:16.423913022746%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 235kcal (11.75%), Fat: 15.92g (24.49%), Saturated Fat: 2.65g (16.57%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 9.33g (3.39%), Sugar: 1.78g (1.97%), Cholesterol: 64.44mg (21.48%), Sodium: 630.34mg (27.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.56%), Vitamin B12: 3.66µg (60.95%), Vitamin K: 63.81µg (60.77%), Selenium: 26.99µg (38.55%), Vitamin C: 25.61mg (31.04%), Copper: 0.57mg (28.32%), Zinc: 3.06mg (20.41%), Phosphorus: 153.59mg (15.36%), Manganese: 0.25mg (12.74%), Folate: 46.59µg (11.65%), Iron: 1.9mg (10.58%), Magnesium: 38.35mg (9.59%), Vitamin B1: 0.14mg (9.55%), Vitamin E: 1.37mg (9.15%), Vitamin A: 444.64IU (8.89%), Vitamin B6: 0.16mg (7.95%), Vitamin B3: 1.52mg (7.6%), Calcium: 72.16mg (7.22%), Vitamin B2: 0.12mg (7.02%), Potassium: 244.76mg (6.99%), Fiber: 1.69g (6.78%), Vitamin B5: 0.54mg (5.41%), Vitamin D: 0.18µg (1.23%)