

Florida Blue Crab Cake Benedict with Hollandaise

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Servings: 4

CRAB CAKE

1/4 cup red onion, finely chopped
2 tablespoons fresh parsley, chopped
3 tablespoons light mayonnaise
2 tablespoons Dijon Mustard
3/4 teaspoon seafood seasoning
1/2 teaspoon Worcestershire sauce
2 egg whites, lightly beaten
1 pound crabmeat, drained and shell pieces removed
1 1/2 cups Panko bread crumbs (Japanese bread crumbs)
2 tablespoons olive oil
4 eggs, pan fried
1 large tomato, sliced
HOLLANDAISE
3 eggs, yolks separated
1/4 teaspoon Dijon-style mustard
1/2 lemon, juiced
hot pepper sauce (to taste)
1/2 cup unsalted butter, melted
sea salt (to taste)

For the crab cakes: In a medium bowl, combine the first seven ingredients. Gently fold in the crabmeat and 3/4 cup of the panko crumbs. Cover and chill for 30 minutes. Shape the crab mixture into eight patties about 3/4-inch thick. In a shallow dish, roll the patties in the remaining 3/4 cup of panko crumbs, coating evenly. In a nonstick skillet over medium heat, heat the oil and cook four crab cakes at a time for 7 minutes or until golden brown on each side.

For the Hollandaise: In a blender or food processor, add the mustard, lemon juice, egg yolks and a few dashes of hot pepper sauce. Blend the ingredients and slowly add the melted butter until the ingredients thicken. Taste the hollandaise and adjust the seasoning with salt and hot pepper sauce. Serve the sauce immediately.

To assemble: Place one or two slices of tomato on each plate. Season the tomato lightly with salt and pepper. Place a pan fried egg over each tomato slice. Add a crab cake to the top of each pan fried egg. Evenly distribute the hollandaise sauce over the top of each crab cake and serve immediately.

Per Serving (excluding unknown items): 544 Calories; 42g Fat (70.0% calories from fat); 34g Protein; 6g Carbohydrate; 1g Dietary Fiber; 526mg Cholesterol; 650mg Sodium. Exchanges: 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 7 Fat; 0 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	544	Vitamin B6 (mg):	.3mg
% Calories from Fat:	70.0%	Vitamin B12 (mcg):	11.4mcg
% Calories from Carbohydrates:	4.7%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	25.3%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	42g	Folacin (mcg):	104mcg
		Niacin (mg):	3mg

Saturated Fat (g):	19g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	526mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	34g
Sodium (mg):	650mg
Potassium (mg):	640mg
Calcium (mg):	169mg
Iron (mg):	3mg
Zinc (mg):	5mg
Vitamin C (mg):	17mg
Vitamin A (i.u.):	1592IU
Vitamin A (r.e.):	368RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	4 1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 544 **Calories from Fat:** 381

% Daily Values*

Total Fat 42g	65%
Saturated Fat 19g	93%
Cholesterol 526mg	175%
Sodium 650mg	27%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	3%
Protein 34g	
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Vitamin A	32%
Vitamin C	29%
Calcium	17%
Iron	17%

* Percent Daily Values are based on a 2000 calorie diet.