

Mini Crab Cakes with Garlic-Chive Sauce

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Servings: 16

1 package (8 ounce) fresh lump crabmeat, drained
3 slices whole grain white bread
1/3 cup light mayonnaise
3 green onions, thinly sliced
1 teaspoon Old Bay seasoning
1 teaspoon Worcestershire sauce
2 large eggs, lightly beaten
vegetable cooking spray
salt (to taste)

GARLIC-CHIVE SAUCE

3/4 cup light sour cream
1 clove garlic, minced
1 tablespoon fresh chives, chopped
3/4 teaspoon lemon zest
1 1/2 tablespoons fresh lemon juice
1/4 teaspoon salt
1/8 teaspoon pepper

Preparation Time: 10 minutes

Cook Time: 8 minutes

Make the Garlic-Chive Sauce: In a small bowl, stir together the sour cream, garlic, chives, lemon zest, lemon juice, salt and pepper. Cover and chill for 30 minutes before serving.

Pick the crabmeat, removing any bits of shell. Pulse the bread slices in a blender or food processor five times or until finely crumbled. (Yield should be about 1-1/2 cups.)

In a large bowl, stir together the mayonnaise, green onions, Old Bay, Worcestershire and eggs. Gently stir in the breadcrumbs and crabmeat. Shape the mixture into sixteen two-inch crabcakes (about two tablespoons each).

Cook the cakes, in batches, on a hot, large griddle or nonstick skillet coated with cooking spray. Cook over medium-low heat for 4 minutes on each side or until golden brown. Season with salt to taste. (You can keep the cakes warm in a 200 degree oven for up to 30 minutes.)

Serve with Garlic-Chive sauce, if desired.

Per Serving (excluding unknown items): 34 Calories; 2g Fat (49.2% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 98mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	34
% Calories from Fat:	49.2%
% Calories from Carbohydrates:	20.4%
% Calories from Protein:	30.4%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	36mg
Carbohydrate (g):	2g
Dietary Fiber (g):	trace
Protein (g):	3g
Sodium (mg):	98mg
Potassium (mg):	50mg
Calcium (mg):	18mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	51IU
Vitamin A (r.e.):	11RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	9mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories	34	Calories from Fat: 17
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% Daily Values*

Total Fat	2g	3%
Saturated Fat	1g	3%
Cholesterol	36mg	12%
Sodium	98mg	4%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	0%
Protein	3g	
Vitamin A		1%
Vitamin C		4%
Calcium		2%
Iron		1%

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