

Red Pepper Crab Cakes with Lemony Mayo

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Servings: 4

*1 tablespoon olive oil, divided
1 cup red bell pepper, finely chopped
3 tablespoons celery, finely chopped
1/4 cup green onions, thinly sliced
1 pound lump crabmeat, shell pieces removed
2/3 cup panko (Japanese breadcrumbs)
2 tablespoons chopped fresh dill, divided
1/4 teaspoon ground red pepper
1 large egg
1 large egg white
1/4 cup canola mayonnaise
1 teaspoon grated lemon rind
2 tablespoons fresh lemon juice*

Heat a large skillet over medium-high heat. Add one teaspoon of oil to the pan; swirl to coat. Add the bell pepper, celery and green onions to the pan. Sauté for 4 minutes or until the vegetables are tender.

In a large bowl, place the vegetable mixture, crab, panko, one teaspoon of the dill, the ground red pepper, egg and egg white, stirring gently to combine.

Working quickly with damp hands, gently shape about 1/2 cup of the crab mixture into a 3/4-inch-thick patty. Repeat the procedure with the remaining crab mixture, forming eight patties.

Wipe the pan with paper towels. Return the pan to medium-high heat. Add the remaining two teaspoons of oil; swirl to coat. Add the patties to the pan. Cook 3 minutes on each side or until golden and thoroughly heated.

In a small bowl, combine the remaining one tablespoon of dill, the mayonnaise, lemon rind and lemon juice, stirring with a whisk.

Top each crab cake with about two teaspoons of the mayonnaise mixture.

Per Serving (excluding unknown items): 166 Calories; 6g Fat (32.7% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 142mg Cholesterol; 370mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	166	Vitamin B6 (mg):	.3mg
% Calories from Fat:	32.7%	Vitamin B12 (mcg):	10.4mcg
% Calories from Carbohydrates:	9.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	57.5%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	6g	Folacin (mcg):	71mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg
		Caffeine (mg):	0mg

Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	142mg
Carbohydrate (g):	4g
Dietary Fiber (g):	1g
Protein (g):	23g
Sodium (mg):	370mg
Potassium (mg):	511mg
Calcium (mg):	119mg
Iron (mg):	1mg
Zinc (mg):	4mg
Vitamin C (mg):	80mg
Vitamin A (i.u.):	2225IU
Vitamin A (r.e.):	235 1/2RE

Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	166	Calories from Fat: 54
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% Daily Values*

Total Fat	6g	9%
Saturated Fat	1g	5%
Cholesterol	142mg	47%
Sodium	370mg	15%
Total Carbohydrates	4g	1%
Dietary Fiber	1g	4%
Protein	23g	
Vitamin A		45%
Vitamin C		133%
Calcium		12%
Iron		8%

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