

Bacon Crab Cakes

Food Network Magazine - March 2014

8 ounces crabmeat
 8 slices cooked bacon slices, chopped
 1/2 cup panko (Japanese)
 breadcrumbs
 1 large egg
 2 tablespoons mayonnaise
 1 tablespoon mustard
 tartar sauce

In a bowl, combine the crabmeat, bacon, panko
 breadcrumbs, egg, mayonnaise and mustard.
 Form into small patties.

In a hot, oiled skillet, cook for 3 minutes per side.

Serve with the tartar sauce.

Per Serving (excluding unknown
 items): 480 Calories; 31g Fat
 (58.7% calories from fat); 48g
 Protein; 1g Carbohydrate; trace
 Dietary Fiber; 399mg Cholesterol;
 1079mg Sodium. Exchanges: 6 1/2
 Lean Meat; 2 1/2 Fat; 0 Other
 Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	480	Vitamin B6 (mg):	.6mg
% Calories from Fat:	58.7%	Vitamin B12 (mcg):	21.1mcg
% Calories from Carbohydrates:	1.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	40.1%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	31g	Folacin (mcg):	127mcg
Saturated Fat (g):	5g	Niacin (mg):	6mg
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0
Cholesterol (mg):	399mg	% Refuse:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	48g	Lean Meat:	6 1/2
Sodium (mg):	1079mg	Vegetable:	0
Potassium (mg):	842mg	Fruit:	0
Calcium (mg):	245mg	Non-Fat Milk:	0
Iron (mg):	3mg	Fat:	2 1/2
Zinc (mg):	9mg	Other Carbohydrates:	0

Vitamin C (mg): 7mg
Vitamin A (i.u.): 332IU
Vitamin A (r.e.): 90RE

Nutrition Facts

Amount Per Serving

Calories 480 Calories from Fat: 282

% Daily Values*

Total Fat	31g	48%
Saturated Fat	5g	27%
Cholesterol	399mg	133%
Sodium	1079mg	45%
Total Carbohydrates	1g	0%
Dietary Fiber	trace	2%
Protein	48g	
<hr/>		
Vitamin A		7%
Vitamin C		11%
Calcium		25%
Iron		17%

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