

Crab Cakes

50 Things to Make in a Muffin Pan
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8 ounces lump crab meat
1/3 cup butter crackers, finely
crushed
2 tablespoons mayonnaise
1 teaspoon lemon zest
1 teaspoon chives, chopped
1/4 teaspoon Kosher salt
pinch cayenne

Preheat the oven to 400 degrees.

Lightly oil twelve muffin cups.

In a bowl, mix the crab, crackers, mayonnaise, lemon zest, chives, Kosher salt and cayenne.

Lightly press the mixture into the muffin cups.

Chill for 15 minutes.

Bake until golden brown, 10 minutes.

Serve with tartar sauce.

Per Serving (excluding unknown items): 199 Calories; 23g Fat (98.6% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 626mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	199	Vitamin B6 (mg):	.2mg
% Calories from Fat:	98.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	0.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.7%	Riboflavin B2 (mg):	0mg
Total Fat (g):	23g	Folacin (mcg):	3mcg
Saturated Fat (g):	3g	Niacin (mg):	trace
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	11g	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Daily Value*	n n%

Carbohydrate (g):	trace
Dietary Fiber (g):	trace
Protein (g):	trace
Sodium (mg):	626mg
Potassium (mg):	16mg
Calcium (mg):	9mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	3mg
Vitamin A (i.u.):	122IU
Vitamin A (r.e.):	20RE

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 199	Calories from Fat: 196
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% Daily Values*

Total Fat 23g	36%
Saturated Fat 3g	16%
Cholesterol 10mg	3%
Sodium 626mg	26%
Total Carbohydrates trace	0%
Dietary Fiber trace	1%
Protein trace	
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Vitamin A	2%
Vitamin C	5%
Calcium	1%
Iron	1%

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