

# Hilton Head Crabcakes

*Elsie Morris - New Bern, NC*

*Treasure Classics - National LP Gas Association - 1985*

**Servings: 6**

*4 slices white bread,  
toasted  
1 egg  
2 tablespoons mayonnaise  
1/2 teaspoon dry mustard  
1/4 teaspoon black pepper  
1 tablespoon chopped fresh  
parsley (or dried)  
6 tablespoons butter  
1 pound white crab meat  
(prefer backfin)*

**Preparation Time: 10 minutes****Cook Time: 5 minutes**

Toast the bread and crumble into fine crumbs.

In a mixing bowl, combine the crumbs, egg, mayonnaise, mustard, black pepper and parsley. Gently fold in the crab meat. Shape the mixture into six equal size patties.

Saute' both sides of the patties in butter over medium heat until brown.

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Per Serving (excluding unknown items): 192 Calories; 17g Fat (77.5% calories from fat); 3g Protein; 8g Carbohydrate; trace Dietary Fiber; 68mg Cholesterol; 245mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 3 Fat.