

Mini Crab Cakes with Creamy Picante Sauce

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Servings: 7

2 cans (6 ounce ea) crabmeat, drained
1 cup picante sauce
1/2 cup plain dry breadcrumbs
1 egg, beaten
2 tablespoons lime juice
1/4 cup light mayonnaise
2 tablespoons vegetable oil

Preparation Time: 15 minutes

In a medium bowl, thoroughly mix the crabmeat, 1/4 cup of picante sauce, bread crumbs, egg and lime juice. Cover and refrigerate for 30 minutes.

Shape the crabmeat mixture into fourteen 1-1/2 inch cakes.

In a small bowl, stir the remaining picante sauce and the mayonnaise. Cover and refrigerate.

In a ten-inch nonstick skillet over medium heat, heat the oil. Add the crab cakes in batches. Cook until they are well browned on both sides. Drain the crab cakes on paper towels.

Serve with the picante-mayonnaise mixture.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 111 Calories; 7g Fat (55.2% calories from fat); 8g Protein; 4g Carbohydrate; trace Dietary Fiber; 63mg Cholesterol; 437mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 111 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 55.2% | Vitamin B12 (mcg): | 3.6mcg |
| % Calories from Carbohydrates: | 14.5% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 30.2% | Riboflavin B2 (mg): | .1mg |

Total Fat (g): 7g
Saturated Fat (g): 1g
Monounsaturated Fat (g): 3g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 63mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 8g
Sodium (mg): 437mg
Potassium (mg): 229mg
Calcium (mg): 52mg
Iron (mg): 1mg
Zinc (mg): 2mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 127IU
Vitamin A (r.e.): 20RE

Folacin (mcg): 24mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Values*

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 7

Amount Per Serving

Calories 111 **Calories from Fat:** 61

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 7g | 10% |
| Saturated Fat | 1g | 5% |
| Cholesterol | 63mg | 21% |
| Sodium | 437mg | 18% |
| Total Carbohydrates | 4g | 1% |
| Dietary Fiber | trace | 0% |
| Protein | 8g | |
| Vitamin A | | 3% |
| Vitamin C | | 5% |
| Calcium | | 5% |
| Iron | | 3% |

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