

New West Crab Cakes



Makes:

4 servings

Utensil:

12" Chef's Gourmet Skillet

small mixing bowl

medium mixing bowl

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Recipe:

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1 pound

crab meat, flaked

(454

g)

1 egg

1 egg white

$\frac{3}{4}$ pound

potatoes, cooked and mashed

(340

g)

$\frac{2}{3}$ cup

red onion or chives, strung, use Cone #2

(107

g)

$\frac{1}{3}$ cup

green bell pepper, finely chopped

(50

g)

Directions:

1. In a medium bowl combine crab meat, egg, egg white, potatoes, onion, bell pepper, $\frac{1}{4}$ cup walnuts, parsley, lemon juice, Worcestershire sauce, hot pepper sauce, salt and $\frac{1}{2}$ cup bread crumbs. Divide and shape into 8 flat patties.
2. In small bowl combine remaining $\frac{1}{4}$ cup walnuts and remaining $\frac{1}{2}$ cup bread crumbs. Coat patties on both sides.
3. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, place patties on skillet. brown on one side, approximately 4 minutes. Turn and brown on other side, about 2 - 3 minutes. Cover and cook 2-3 minutes longer.

Nutritional Information per

▼ Serving

Calories: 406

Total Fat: 14g

Saturated Fat: 2g

Cholesterol: 120mg

Sodium:	707mg
Total	42g
Carbs:	
Dietary Fiber:	5g
Sugar:	4g
Protein:	30g
