

Exquisite East Coast Crab Cakes

Yield: 5 min
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/east-coast-crab-cake-recipe>

Ingredients:

- 8 ounces crab meat drained, shells removed and patted dry
- 1/4 cup red bell pepper diced
- 2 tablespoons scallions diced
- 2 teaspoons tarragon
- 1 cup panko bread crumbs divided in half
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons mayonnaise
- 1/4 teaspoon dried mustard
- 1 teaspoon prepared horseradish optional
- olive oil to fry crab cakes

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 80 milligrams
4. Fat: 8 grams
5. Protein: 10 grams
6. SaturatedFat: 1 grams
7. Sodium: 440 milligrams
8. Sugar: 1 grams

Thank you for visiting our website. Hope you enjoy Exquisite East Coast Crab Cakes above. You can see more 16+ east coast crab cake recipe Try these culinary delights! to get more great cooking ideas.