

Low Fat Baked Crab Cakes

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/low-fat-swiss-steak-recipe>

Ingredients:

- 12 squares crackers saltine, soda, crushed into crumbs
- 1/3 cup chopped fresh parsley
- 2 tablespoons low fat plain yogurt or sour cream
- 1/3 cup roasted red pepper chopped, from the jar
- 1 tablespoon water
- 1 tablespoon freshly squeezed lime juice
- hot pepper sauce to taste
- salt to taste
- 1 pound crab meat fresh, picked over for shells & cartilage
- 2 large egg whites

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 45 milligrams
4. Fat: 0.5 grams
5. Protein: 11 grams
6. Sodium: 430 milligrams

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