

Southern Crab Cakes

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/best-southern-crab-cakes-recipe>

Ingredients:

- fresh parsley
- panko bread crumbs
- extra-virgin olive oil
- 2 pounds lump crab meat
- 2 large eggs beaten
- 2 tablespoons mayonnaise
- 2 tablespoons mustard Dijon
- 2 teaspoons Worcestershire sauce
- 4 teaspoons lemon juice
- 1/4 teaspoon garlic powder
- 1 teaspoon Old Bay Seasoning
- 2 teaspoons cajun spice
- 2 tablespoons fresh parsley chopped
- 1 cup panko
- 4 tablespoons extra virgin olive oil
- 4 tablespoons mayonnaise
- 2 teaspoons hot sauce
- 1 teaspoon cajun spice

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 290 milligrams
4. Fat: 32 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 5 grams
8. Sodium: 1290 milligrams
9. Sugar: 4 grams

Thank you for visiting our website. Hope you enjoy Southern Crab Cakes above. You can see more 16 best southern crab cakes recipe You must try them! to get more great cooking ideas.