

Homemade Maryland Crab Cakes

Yield: 4 min
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-crabcake-recipe>

Ingredients:

- 1 pound crab jumbo lump
- 1 large egg
- 1 1/2 teaspoons Old Bay Seasoning
- 1 1/2 teaspoons Worcestershire sauce
- 1/3 cup mayonnaise
- 2 teaspoons Dijon mustard
- 1 tablespoon finely minced parsley
- 1 cup breadcrumbs buttered cracker
- 1/4 cup oil
- 1 cup bechamel sauce
- 2 teaspoons yellow mustard
- 2 teaspoons whole grain mustard

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 145 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 3 grams
8. Sodium: 1240 milligrams
9. Sugar: 11 grams

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