

# Perfect Crab Cakes

Yield: 11 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-cakes-recipe>

## Ingredients:

- 16 ounces lump crab meat drained
- 12 saltine crackers finely crushed
- 2 eggs separated
- 1 tablespoon onion chopped
- 1 tablespoon mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon seafood seasoning
- 1 teaspoon baking powder
- 1/2 teaspoon Dijon mustard

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 70 milligrams
4. Fat: 2 grams
5. Protein: 9 grams
6. Sodium: 340 milligrams

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