

MARYLAND-STYLE CRAB CAKES

Made with Hungry Planet Crab™



Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	1.50 oz

	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
1	Mayonnaise, vegan	4 tbsp	0 lb 2.10 oz	0 lb 2.10 oz	Combine mayo, dijon, hot sauce, salt, black pepper, parsley, lemon juice, celery, scallion, bell pepper, 1st quantity of panko.
	Mustard, prepared, dijon	1 1/3 tbsp	0 lb 0.73 oz	0 lb 0.73 oz	
	Sauce, ready-to-serve, pepper or hot	~ 3/8 tsp	0 lb 0.07 oz	0 lb 0.07 oz	
	Salt, kosher	1 1/3 tsp	0 lb 0.13 oz	0 lb 0.13 oz	
	Spices, pepper, black	~ 3/8 tsp	0 lb 0.03 oz	0 lb 0.03 oz	
	Parsley, fresh	1/3 cup	0 lb 0.70 oz	0 lb 0.70 oz	
	Lemon juice, raw	4 tbsp	0 lb 2.14 oz	0 lb 2.14 oz	
	Celery, raw, small dice	~ 1/2 cup	0 lb 1.75 oz	0 lb 1.75 oz	
	Onions, scallions, chopped	1/3 cup	0 lb 0.66 oz	0 lb 0.66 oz	
	Peppers, sweet, red, raw, chopped	1/3 cup	0 lb 1.49 oz	0 lb 1.49 oz	
	Bread crumbs, panko	1/3 cup	0 lb 0.93 oz	0 lb 0.93 oz	

	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
2	Vegan, crabmeat, Hungry Planet		1 lb 5.20 oz	1 lb 5.20 oz	Fold mayo mixture into crabmeat. Do not overmix. Form into 2 oz crabcakes. Refrigerate for 20-30 minutes.

	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
3	Bread crumbs, panko	2 cup	0 lb 5.57 oz	0 lb 5.57 oz	Dredge in remaining panko. Pan-fry in vegetable oil.

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	2 lb 5.50 oz	0 %	2 lb 5.50 oz	0 %	2 lb 5.50 oz
Size of portion	1.50 oz		1.50 oz		1.50 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	1.88 g	77.71 %	21.39 kcal	Salt	0.51 g	
Saturated	0.17 g	7.19 %	89.51 kJ	Salt	0.51 %	Vitamins
Monounsaturated	0.34 g	14.21 %	0.09 MJ	Sodium	204.77 mg	Vitamin A
Polyunsaturated	0.95 g	39.28 %		Phosphorus	6.54 mg	Vitamin D
Trans	0.01 g	0.36 %		Potassium	24.31 mg	Thiamine
Cholesterol	0.00 mg			Iron	0.18 mg	Riboflavin
Linolenic acid	0.83 g			Calcium	7.59 mg	Niacin
Alpha-linolenic acid	7.88 mg			Zinc	0.06 mg	Vitamin B6
Carbohydrate	0.85 g	16.22 %		Magnesium	5.28 mg	Vitamin B12
Sugars	0.23 g	4.33 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	0.75 µg	Vitamin C
Lactose	0.00 g			Copper	0.01 mg	Vitamin E
Fibre	0.24 g	2.15 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				
Starch	0.01 g	0.24 %				Others
Protein	0.49 g	9.34 %				Water
Alcohol	0.00 g	0.00 %				11.86 g