



Long Livo

Gluten Free Crab Cake Recipe – Easy Snack

15 min

Prep time

4

Servings

20 min

Cook time

Easy

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Main Ingredients

- ☐ 1 lb fresh lump crab meat, picked over for shells
- ☐ 1/2 cup gluten-free breadcrumbs (almond flour works well)
- ☐ 1 large egg, lightly beaten
- ☐ 2 tbsp mayonnaise
- ☐ 1 tsp Dijon mustard
- ☐ 1 tbsp fresh lemon juice
- ☐ 2 tbsp finely chopped parsley
- ☐ 1 tbsp chopped chives

- ☐ 1/2 tsp Old Bay seasoning
- ☐ Salt and pepper to taste
- ☐ 2 tbsp clarified butter for frying

Optional Dipping Sauce

- ☐ 1/4 cup mayonnaise
- ☐ 1 tsp capers, minced
- ☐ 1 tsp fresh dill, chopped
- ☐ 1 tsp lemon zest
- ☐ 1 tsp lemon juice
- ☐ Pinch of salt

Instructions

- 1** In a large bowl, whisk together mayonnaise, Dijon mustard, lemon juice, herbs, Old Bay, salt, and pepper.
- 2** Gently fold the crab meat into the wet mixture, being careful not to break the flaky pieces.
- 3** Add the beaten egg and breadcrumbs, stirring just until the mixture holds together.
- 4** Shape the mixture into four equal patties, place on a tray, and chill for 15 minutes.
- 5** Heat clarified butter in a skillet over medium-high heat. Fry each cake 3-4 minutes per side, until golden brown.

Nutrition per serving

310 kcal

Calories

22 g

Protein

12 g

Carbs

18 g

Fat

Tips & notes

- Pat the crab meat dry; excess moisture makes the cake soggy.
- If the mixture feels too wet, add a tablespoon more gluten-free breadcrumbs.
- Serve immediately for the crispiest crust; leftovers reheat best in a hot skillet.