

Choco Fever Dream

Gluten Free Crab Cake Recipe – Easy Snack

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**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	22 g	12 g	18 g
Calories	Protein	Carbs	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.