



Best-Ever Crab Cakes



1/4th of recipe (1 large crab cake): 119 calories, 3g total fat (1g sat fat), 368mg sodium, 8g carbs, 0.5g fiber, 1g sugars, 14g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Prep: 20 minutes **Cook:** 20 minutes

Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

1/2 cup panko breadcrumbs
1 1/2 tsp. finely chopped parsley
Dash each salt and black pepper
8 oz. (about 1 cup) canned lump crabmeat, drained
2 tbsp. finely chopped onion
2 tbsp. finely chopped celery
1 tsp. chopped garlic
2 tbsp. reduced-fat cream cheese
3 tbsp. (about 2 large) egg whites or fat-free liquid egg substitute
1 tbsp. light mayonnaise
1 1/2 tsp. Hellmann's/Best Foods Dijonnaise (or another creamy mild Dijon mustard)
1/2 tsp. lemon juice
1/2 tsp. light butter
Optional: additional Dijonnaise (for dipping), lemon wedges (for squirting)

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

In a medium-large bowl, combine breadcrumbs, parsley, salt, and pepper. Mix well. Add crabmeat, onion, celery, and garlic. Mix until uniform.

In a medium bowl, stir cream cheese until smooth. Add egg, mayo, Dijonnaise, lemon juice, and butter. Whisk until smooth and uniform. Fold into crabmeat mixture.

Evenly form mixture into 4 balls, and place on the baking sheet, evenly spaced. Flatten each one into a patty about 1-inch thick. Bake for 8 minutes.

Carefully flip patties. Bake until firm, lightly browned, and cooked through, about 8 more minutes.

MAKES 4 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.