

Keto Crab Cakes with Lemon Sour Cream Dip

Hands-on 15 minutes Overall 35 minutes

Nutritional values (per serving, 2 crab cakes + 1/4 cup dip): Total carbs: 5.4 g, Fiber: 2.2 g,

Net carbs: 3.2 g, Protein: 20.5 g, Fat: 21.2 g, Calories: 299 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings)

Crab Cakes:

- 500 g cooked crab meat, drained (1.1 lb)
- 2 large eggs
- 1 tsp [Dijon mustard](#)
- 1 tsp Worcestershire sauce *or* [coconut aminos](#)
- 3 spring onions, sliced thinly (45 g/ 1.6 oz)
- 1/2 cup [coconut flour](#) (60 g/ 2.1 oz)
- 1/4 tsp sea salt
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1 tbsp finely chopped dill
- 2 tbsp [ghee](#) *or* virgin [coconut oil](#) for greasing (30 ml)

Lemon Sour Cream Dipping Sauce:

- 1/2 cup sour cream (115 g/ 4.1 oz)
- 1/4 cup homemade [mayonnaise](#) (55 g/ 1.9 oz) *you can make your own mayo*
- 1 tbsp fine lemon zest
- 1 tbsp lemon juice (15 ml)
- 3-4 tbsp finely chopped dill

Instructions

1. Prepare all the ingredients for the crab cakes. Slice the spring onions and chop the dill.
2. Place all the ingredients for the crab cakes, except for the ghee, into a large mixing bowl and combine well.
3. Using damp hands, shape into twelve small (or 6 large), patties and set aside.
4. Prepare the lemon sour cream dip. In a small bowl, combine all of the dipping sauce ingredients and mix thoroughly.

5. Heat the ghee in a frying pan over medium-high heat and carefully place the crab cakes into the pan, a few at a time and cook for approx. 3 minutes either side until golden.
6. Repeat for all the remaining crab cakes. These cakes aren't robust, although they hold together nicely, so be gentle with them when turning.
7. Serve with a fresh salad and a generous dollop of the dipping sauce.
8. Store the crab cakes, covered, in the refrigerator for 2 days. Store the dipping sauce in a sealed container for up to 5 days.

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