

Grab your air fryer and try out this healthy recipe!

## **INGREDIENTS:**

- 8 ounces lump crab meat
- 1 red bell pepper, de-seeded and chopped
- 3 green onions, chopped
- 3 tablespoons mayonnaise
- 3 tablespoons breadcrumbs
- 2 teaspoons Old Bay Seasoning
- 1 teaspoon lemon juice



## **INSTRUCTIONS:**

1. Preheat your air fryer to 370 degrees.
2. In a large bowl, add the lump crab meat, pepper, green onions, mayonnaise, breadcrumbs, Old Bay Seasoning, and lemon juice and mix until just combined.
3. Gently form four evenly sized crab patties. Lump crabmeat that has a lot of juices inside and you want to keep as much in as possible.
4. Place a piece of parchment round down inside the hot air fryer then carefully place each crab cake in the air fryer.
5. Cook the fresh crab cakes in the air fryer for 8-10 minutes until the crust turns golden brown. Do not flip while cooking.
6. Remove the crab cakes from your air fryer and enjoy with your favorite sauce and extra lemon on top, if desired!

## Nutrition

Serving: 1

Calories: 158kcal Carbohydrates: 8g Protein: 12g Fat: 9g

Saturated Fat: 1g Polyunsaturated Fat: 7g

Cholesterol: 59mg Sodium: 1251mg Fiber: 2g Sugar: 2g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.