



ITEM
0020

Classic Crab Cakes

A delightful combination of blue swimming lump meat and our trademark seasonings and spices makes this award winning recipe simply delicious.

Value-Added Seafood

UPC:

8-80632-01009-3

Case:

12 x 4 oz / Net Weight: 3 lb / Gross Weight: 3.38 lb

Pallet:

10 On a tier / 20 tiers high
200 Cases per pallet
Pallet weight (gross): 676 lb

INGREDIENTS:

CRAB MEAT (CRAB MEAT, SODIUM ACID PYROPHOSPHATE), MAYONNAISE (SOYBEAN OIL, EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT AND SPICES), EGG (WHOLE EGG, CITRIC ACID), PANKO BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, EVAPORATED CANE JUICE, YEAST, SEA SALT), PARSLEY, LEMON JUICE, DIJON MUSTARD (WATER, MUSTARD SEED, VINEGAR, SALT & SULFITES), WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES, NATURAL FLAVOR, TAMARIND), RED PEPPERS, CELERY SALT (SALT, CELERY), SPICES (INCLUDING PAPRIKA), XANTHAN/GUAR GUM.

CONTAINS:

CRAB, EGG, FISH, WHEAT AND SOY.



Cooking Instructions:

THAW IN REFRIGERATOR. PREHEAT OVEN TO 350. PLACE IN OVEN SAFE DISH, DOT WITH BUTTER, BAKE FOR 8 - 10 MINUTES OR UNTIL GOLDEN BROWN.
DEEP FRYER: 350 DEGREES AND FRY UNTIL GOLDEN BROWN. PAN FRY: ON MEDIUM HEAT 3 MINUTES PER SIDE.



Handling:

KEEP FROZEN. THAW UNDER REFRIGERATION.



Shelf Life:

1 YEAR FROM MANUFACTURE DATE, FROZEN. ONCE THAWED, PRODUCT MAY BE KEPT REFRIGERATED FOR UP TO 5 DAYS.

Nutrition Facts

Serving Size (85 g)

Amount Per Serving

Calories 170 **Calories from Fat** 100

% Daily Value*

Total Fat 11g 17%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 120mg 40%

Sodium 490mg 20%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 4%

Sugars 0g

Protein 12g

Vitamin A 20% • **Vitamin C** 6%

Calcium 6% • **Iron** 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



PLENUS GROUP INC.

A: Plenus Group Inc. 101 Phoenix Ave., Lowell, MA 01852 T: 978.970.3832 F: 978.441.2528 E: sales@plenus-group.com

PGIFOODS.COM