



ITEM
0020

Classic Crab Cakes

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



Value-Added Seafood

UPC:

8-80632-01009-3

Case:

12 x 4 oz | Net Weight: 3lbs | Gross Weight: 3.38 lbs

Pallet:

10 on a tier / 20 tiers high | 200 cases per pallet
Pallet weight (gross): 676 lbs

INGREDIENTS:

CRAB MEAT, CRAB, MAYONNAISE (canola oil, egg yolks, vinegar, water, sugar, salt, spices, lemon juice, natural flavor), WHOLE LIQUID EGG (whole eggs, citric acid), BREAD CRUMB (unbleached wheat flour, natural cane sugar, yeast, sea salt), WORCESTERSHIRE SAUCE (water, vinegar, gluten-free tamari [water, soybeans, salt], sugar, salt, garlic powder, onion powder, spices), PARSLEY, LEMON JUICE, MUSTARD FLOUR, SEAFOOD SEASONING (celery salt [salt, celery seed], spices, paprika), CARRAGEENAN GUM, BLACKENED RED FISH MAGIC (salt, spices, paprika, garlic, onion), SPICES.

CONTAINS:

Shellfish (Crab), Egg, Soy, Wheat.



Cooking Instructions:

Thaw in refrigerator. Preheat oven to 350°F.
Place in oven safe dish, dot with butter, bake for 8-10 minutes or until golden brown.
DEEP FRYER: 350°F 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 up to 5 days.

Nutrition Facts

Serving size	3 oz (85g)
Amount per serving	
Calories	180
% Daily Value *	
Total Fat 10g	13%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 390mg	17%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0.9mcg	4%
Calcium 90mg	6%
Iron 1mg	6%
Potassium 70mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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