BEST CATCH of the DAY

MADE IN MARYLAND
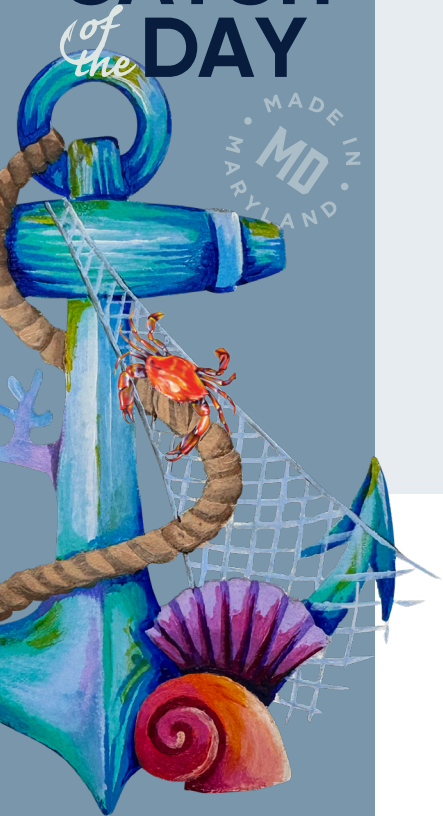
2/4oz. CRAB CAKES (2/pk)

Maryland Classic and a Center of the Plate Maryland Protein. Our crab cakes will take you right to the shore! Save time in the kitchen and let us do the work for you. Just HEAT, EAT & ENJOY!

Ingredients: Crabmeat, Mayonnaise (Vegetable Oil (Canola And/or Soy) Egg Yolks, Distilled Vinegar, Water, Sugar, Salt, Spices, Lemon Juice, Natural Flavor, Calcium Disodium EDTA (Used to Protect Quality) Eggs, Italian Bread Crumbs (Wheat Flour, Sugar, Soybean Oil, Onion Powder, Garlic Powder, Yeast, Dehydrated Parsley, and Natural Flavors) Salt, Paprika, Spices, Canola Oil, Spice Extractives, Worcestershire Powder (Sugars (Glucose Solids, Sugar) Caramel (Sulphites), Dehydrated Garlic, Natural Flavor, Soy Sauce Powder (Soybeans, Wheat, Corn, Maltodextrin), and Modified Palm Oil), Mustard, and Black Pepper, Lemon Juice (Water, Lemon Juice Concentrate and less than 2% of: Lemon Oil, Sodium Metabisulfite (Preservatives), Spices, Actobind (Modified Food Starch (Corn), Corn Starch, Methylcellulose, Egg White Powder, Xanthan Gum, and Guar Gum).

Pan Fry Instructions: Thaw in refrigerator for 24 hours . Heat butter/ olive oil in fry pan on a medium heat. Cook crab cake on each side 3-5 minutes until internal temperature is 165 degrees.
Conventional Oven Directions: Spray baking sheet with cooking oil. Spray tops of crab cakes with cooking oil before placing in oven. Bake at 350 degrees for 30-35 minutes in a conventional oven. For crispier top, broil on high for 3-6 minutes after fully cooked.

Net Weight: 5lb.
Keep Frozen 0 degrees.
Contains: Crustacean Shellfish, Wheat, Soy, Egg
**(May Contain: Sesame, Dairy, Fish) **

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Nutrition Facts

Servings per Container 2

Serving Size	1 Cake (4oz)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 11g	**17%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 110mg	**37%**
Sodium 600mg	**25%**
Total Carbohydrate 5g	**2%**
Dietary Fiber 0g	**0%**
Total Sugars 1g	
Protein 18g	

Vitamin A 2%	•	Vitamin C 4%	
Calcium 10%	•	Iron 8%	

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

		Calories:	2,000	2,500
Total Fat	Less Than		65g	80g
Saturated Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9   Carbohydrate 4   Protein 4

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Pack Size: 10/8oz. Trays Per Case (2/4oz. Cakes Per tray)
Pallet Ti/Hi: 18/6 (108/cases)
Case weight: 5.00lbs.
Case Dimensions:
11"x 8"x 8" (L x W x H)

Net Pallet Weight: 540lbs.
GTIN: 00862816000359
Stored Frozen: 0 degrees
Shelf Life Frozen: 18 months
Frozen Product
Lot Coding Used: BEST BY DATE 18 MONTHS (545 days) FROM DAY OF PRODUCTION

TROUT'S SUPREME SEAFOOD
EST. 1991

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