

# Egg Harbor (10) 4oz Jumbo Lump Crab Cakes

<b>Nutrition Facts</b>	
10 servings per container	
<b>Serving size 1 crabcake (113g/4oz)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 19g	<b>24%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 125mg	<b>42%</b>
<b>Sodium</b> 570mg	<b>25%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 1mg	6%
Potassium 230mg	4%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Crab Meat, Eggs, Bread Crumb (Bleached Wheat Flour, Yeast, Sugar And Salt, Enriched Wheat Flour, (Enriched With Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Worcestershire Sauce (Distilled Vinegar, Molasses, Corn Syrup, Salt, Water, Spices, Caramel Color, Anchovies (Fish), Natural Flavor (Contains Soy), Tamarind Extract And Garlic Powder), Dijon Mustard (Water, Mustard Seed, Distilled Vinegar, Salt, Contains 2% Or Less Of Citric Acid, Potassium Metabisulphite (Preservative). Contains Sulfates, Maryland Style Crab Seasoning (Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch And Monocalcium Phosphate), Salt, Spices (Including Mustard), Dextrose, Natural Flavor, Onion Powder, Spice Extractives, With Less Than 2% Silicon Dioxide (Prevents Caking). Contains Shellfish (Crab) And Fish (Surimi, Cod, Pollack, Whitefish), Ground Mustard), Old Bay (Celery Salt (Salt, Celery Seed), Spices (Including Red Pepper And Black Pepper) And Paprika, Hot Sauce (Aged Cayenne Red Peppers, Distilled Vinegar, Water, Salt, & Garlic Powder), Green Onions.  
Contains: Shellfish (Crab), Wheat, Soy, Eggs, Fish, Mustard.

## Preparation Instructions

**Oven:** Cook from frozen (recommended). Preheat oven to 375°F. Place Jumbo Crab Cakes onto a nonstick baking sheet pan. Lightly coat crab cakes with olive oil or butter flavored cooking spray. Place in center of oven rack and bake for 20-25 minutes or until it turns golden brown on top and reaches an internal temperature of 165°F.

**Sauté:** Cook from thawed. Remove Crab Cakes from packaging and thaw under refrigeration until fully thawed. Preheat medium size sauté pan with 1-2 tablespoons oil of choice to medium high heat. Carefully add Crab Cakes to pan in single layer. Cook for 3-4 minutes. Turn and cook for an additional 3-4 minutes or until the internal temperature reaches 165°F.