

# NUTRITIONAL FACTS

Egg Harbor

(10) 4 oz. Gourmet Jumbo Lump Crab Cakes

## Nutrition Facts

Serving Size: 4 oz (113g)  
Servings Per Container: 10

### Amount Per Serving

Calories 177	Calories from Fat 90
Total Fat 10g	15%
Saturated Fat 1.7g	9%
Cholesterol 130 mg	43%
Sodium 857 mg	36%
Total Carbohydrate 3.5mg	1%
Dietary Fiber 1g	4%
Sugars 0.5g	

Protein 17g

Vitamin A 3% • Vitamin C 5%  
Calcium 8% • Iron 5%

\*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Jumbo Lump Crabmeat, Whole Liquid Eggs (Whole liquid Eggs, Citric Acid, Water), Mayonnaise (Soybean oil, Egg Yolk, Water, High Fructose Corn Syrup, Vinegar, Contains less than 2% of Salt, Spices, Calcium Disodium [EDTA to protect flavor]), Fresh bread crumbs (Enriched wheat flour [Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, High Fructose Corn Syrup, Contains 2% or less of each or the Following: Yeast, Wheat Gluten, Soybean oil, Salt, Sodium Stearoyl Lactate, Monoglycerides, Calcium Sulfate, Calcium Peroxide, Soy Lecithin, Enzymes, Calcium Carbonate, Ammonium Sulfate, Calcium Propionate [to preserve freshness]), Dijon Mustard (Water, Vinegar, Mustard Seed, Salt, White wine, Fruit Pectin, Citric Acid, Tartaric Acid, Sugar, Spice), Lemon Juice (Filtered Water, Lemon Juice Concentrate, Sodium Bisulfite [Preservative], Sodium Benzoate [Preservative], and Lemon Oil), Seafood Seasoning (Salt, Spices, Paprika), Lemon Pepper Seasoning (Salt, Dehydrated Lemon and Orange Peels, Spices, Modified Food Starch, Dehydrated Onion, Lemon Juice Powder [Maltodextrin, Lemon Juice Solids], Citric Acid, Dehydrated Carrots, Dehydrated Garlic, Lemon Oil, Silicon Dioxide [Prevents Caking]), Worcestershire sauce (Distilled Vinegar, Molasses, Water, Corn Syrup, Salt, Sugar, Spices, Anchovies, Natural Flavors (Soy), Citric Acid, Celery Seed, Xanthan Gum and Tamarind Extract), Dried Parsley.

**Allergens:** Crabmeat / Shellfish, Egg, Wheat, Soy and Mustard. May Contain Shells