

NUTRITIONAL FACTS

Great Gourmet

(8) 6 oz. Supreme Flavored Crab Cakes Traditional

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Total Fat 19g	30%	Total Carb. 9g	3%
Serv. Size 6 oz (170g)	Sat. Fat 3g	15%	Fiber 0g	0%
Serv. Per Cont. 4	<i>Trans Fat</i> 0g		Sugars 1g	
Calories 330	Cholest. 220mg	74%	Protein 30g	
Fat Cal. 170	Sodium 1090mg	46%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	• Vitamin C 0%	• Calcium 15%	• Iron 20%

INGREDIENTS: Crab, Eggs [Whole Eggs, Citric Acid/Water], Mayonnaise [Soybean Oil, Corn Syrup, Water, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, Calcium Disodium, EDTA added to protect flavor], Panko [Bleached Wheat Flour, Dextrose, Yeast, Salt], Margarine [Liquid Soybean Oil, Water, Salt, Hydrogenated Cottonseed Oil, Vegetable Mono and Diglycerides, Soy Lecithin (Soy), Potassium Sorbate and Citric Acid Added as a Preservative, Artificial Flavor, Colored with Beta Carotene, Vitamin A Pslimitated Added], Seafood Seasoning [Celery Salt (Salt, Celery Seed), Spices (Including Red and Black Pepper) , and Paprika], Mustard Flour, Parsley

CONTAINS: CRAB/SHELLFISH, EGGS, SOY, WHEAT

NUTRITIONAL FACTS

Great Gourmet

(8) 6 oz. Supreme Flavored Crab Cakes Coconut

Nutrition Facts

Serv. Size 6 oz (170g)

Serv. Per Cont. 4

Calories 340

Fat Cal. 170

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 20g	30%	Total Carb. 12g	4%
Sat. Fat 9g	46%	Fiber 2g	8%
<i>Trans</i> Fat 0g		Sugars 5g	
Cholest. 190mg	63%	Protein 28g	
Sodium 530mg	22%		
Vitamin A 0%	• Vitamin C 0%	• Calcium 15%	• Iron 35%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Crab, Eggs [Whole Eggs, Citric Acid/Water], Coconut Milk, Shredded Coconut, Mayonnaise [Soybean Oil, Corn Syrup, Water, Egg Yolks, Distilled and Cider Vinegar, Salt, Spice, Calcium Disodium, EDTA added to protect flavor], Panko [Bleached Wheat Flour, Dextrose, Yeast, Salt], Margarine [Liquid Soybean Oil, Water, Salt, Hydrogenated Cottonseed Oil, Vegetable Mono and Diglycerides, Soy Lecithin (Soy), Potassium Sorbate and Citric Acid Added as a Preservative, Artificial Flavor, Colored with Beta Carotene, Vitamin A Psimitated Added], Mustard Flour, Parsley

CONTAINS: CRAB/SHELLFISH, EGGS, NUTS, SOY, TREE NUTS, WHEAT