

# NUTRITIONAL FACTS

Egg Harbor

## (10) 4 oz. Jumbo Lump Crab Cakes

**Ingredients:** Jumbo Lump Crabmeat, Eggs, Mayonnaise, Fresh breadcrumbs, Dijon Mustard, Lemon Juice, Seafood Seasoning, Lemon Pepper Seasoning, Worcestershire sauce, Dried Parsley.

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

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			