

# NUTRITIONAL FACTS

Emma-Leigh

## CAULIFLOWER CRAB CAKES

| <b>Nutrition Facts</b>             |            |
|------------------------------------|------------|
| 12 serving per tray                |            |
| <b>Serving size 1, 3 oz. (85g)</b> |            |
| <b>Amount Per Serving</b>          |            |
| <b>Calories</b>                    | <b>80</b>  |
| <b>% Daily Value*</b>              |            |
| <b>Total Fat</b> 3.5g              | <b>4%</b>  |
| Saturated Fat 1.5g                 | <b>8%</b>  |
| Trans Fat 0g                       |            |
| <b>Cholesterol</b> 90mg            | <b>30%</b> |
| <b>Sodium</b> 370mg                | <b>16%</b> |
| <b>Total Carb.</b> 2g              | <b>1%</b>  |
| Dietary Fiber 1g                   | <b>4%</b>  |
| Total Sugars 1g                    |            |
| Incl. 0g Added Sugars              | <b>0%</b>  |
| <b>Protein</b> 11g                 |            |
| Vitamin D 0 mcg                    | <b>0%</b>  |
| Calcium 115 mg                     | <b>8%</b>  |
| Iron 0 mg                          | <b>0%</b>  |
| Potassium 65 mg                    | <b>2%</b>  |

\* 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.

**INGREDIENTS:** CRAB MEAT (BLUE/SNOW CRAB (CRAB, SALT ADDED)), CAULIFLOWER RICE, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, STABILIZERS (CARB BEAN ANEYDR XANTHAN)), GREEN PEPPER, SPICY BROWN MUSTARD (VINEGAR, MUSTARD SEED, SALT, CONTAINS LESS THAN 2% OF SPICES AND TURMERIC), SEA SALT, GRANULATED ONION, PARSLEY.

**CONTAINS: SHELLFISH (BLUE/SNOW CRAB), AND MILK.**