

# NUTRITIONAL FACTS

GRAHAM & ROLLINS

## 5 oz Classic Crab Cake

Nutrition Facts	
6 Servings per container	
Serving Size	1 Crab Cake
Amount per serving	
Calories	300 · Calories from Fat 175
% Daily Value*	
Total Fat	20g 41%
Saturated Fat	4g 18%
Trans Fat	0g
Cholesterol	175mg 58%
Sodium	418mg 31%
Total Carbohydrate	10g 3%
Dietary Fiber	0g 0%
Sugars	0g
Protein	25g
Vitamin A	5% · Vitamin C 0%
Calcium	18% · Iron 13%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**INGREDIENTS:** BLUE CRABMEAT, SAUCE (Soybean Oil, Water, Distilled Vinegar, Salted Egg Yolks (Egg Yolks, Salt), SEAFOOD SEASONING (Salt, Spices, & Paprika), Mustard Seed, Whole Eggs, Sugar, Potassium Sorbate and Sodium Benzoate (Preservatives), Polysorbate 60, Xanthan Gum, Propylene Glycol Alginate, Disodium EDTA (Added to protect flavor)), CRACKERS (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Sugar, Partially Hydrogenated Cottonseed Oil, Salt, Leavening (Calcium Phosphate and/or Baking Soda), High Fructose Corn Syrup, Soy Lecithin, Malted Barley Flour, Natural Flavor.)

**ALLERGENS:** CRUSTACEAN SHELLFISH (BLUE CRAB), SOY, EGG, AND WHEAT.

**CAUTION:** THIS PRODUCT MAY CONTAIN SHELL FRAGMENTS.

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