

Egg Harbor 3 oz. Jumbo Lump Crab Cakes

| Nutrition Facts | |
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| 1 serving per container | |
| Serving Size 3 OZ (84g) | |
| Amount per serving | |
| Calories | 202 |
| % Daily Value* | |
| Total Fat 14g | 21% |
| Saturated Fat 1.5g | 7% |
| Trans Fat 0g | |
| Cholesterol 94mg | 31% |
| Sodium 427mg | 18% |
| Total Carbohydrate 6g | 2% |
| Dietary Fiber less than 1g | 3% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 12g | |
| Vitamin D 0mcg | 0% |
| Calcium 94mg | 7% |
| Iron 1mg | 6% |
| Potassium 170mg | 4% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. A diet of 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CRAB MEAT, MAYONNAISE (SOYBEAN OIL, DISTILLED VINEGAR, EGG YOLK, HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF SALT, WATER, MUSTARD SEED, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR), EGGS (WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS A CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR), BREAD CRUMB (WHEAT FLOUR, SUGAR, YEAST, SALT, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), DIJON MUSTARD (WATER, MUSTARD SEEDS, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF CITRIC ACID, POTASSIUM METABISULPHITE (PRESERVATIVES)), SEASONING (CELERY SALT (SALT, CELERY SEED), SPICES (INCLUDING RED PEPPER AND BLACK PEPPER), AND PAPRIKA, GROUND MUSTARD, GARLIC), WORCHESTERSHIRE (DISTILLED VINEGAR, WATER, MOLASSES, SUGAR, SALT, SPICES, CITRIC ACID, ANCHOVY, CELERY SEED, NATURAL FLAVOR, XANTHAN GUM (THICKENER), GARLIC POWDER & TAMARIND EXTRACT), HOT SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT AND GARLIC POWDER), GREEN ONIONS

CONTAINS: SHELLFISH (CRAB), WHEAT, SOY, EGGS, FISH (ANCHOVY), MUSTARD