

Egg Harbor (8) 4oz Bechamel Crab Cakes

Nutrition Facts	
8 servings per container	
Serving size 1 crabcake (112g/4oz)	
Amount per serving	
Calories	114
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 102mg	34%
Sodium 538mg	22%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 298mg	23%
Iron 0mg	0%
Potassium 163mg	3%
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

Ingredients: CRAB MEAT, MILK (MILK, VITAMIN D3), BUTTER (PASTEURIZED CREAM, NATURAL FLAVORINGS), FLOUR (BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), ENZYME), CHICKEN BASE (ROASTED CHICKEN, SALT, SUGAR, CORN SYRUP SOLIDS, HYDROLYZED SOY PROTEIN, DRIED WHEY (MILK), FLAVORING, FOOD STARCH, DISODIUM INOSINATE AND DISODIUM GUANYLATE, TURMERIC), ONION, CELERY, HOT SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT AND GARLIC POWDER), DIJON MUSTARD (WATER, MUSTARD SEEDS, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF CITRIC ACID, POTASSIUM METABISULPHITE (PRESERVATIVES)), OLD BAY (CELERY SALT (SALT, CELERY SEED), SPICES (INCLUDING RED PEPPER AND BLACK PEPPER), AND PAPRIKA), PANKO BREAD CRUMB (WHEAT FLOUR, SUGAR, YEAST, SALT), FINE BREAD CRUMB (WHEAT FLOUR, SOYBEAN OIL), BATTER (MODIFIED CORN STARCH, YELLOW CORN FLOUR, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SOYBEAN OIL (AS A PROCESSING AID), GUAR GUM)

Contains: Shellfish (Crab), Milk, Wheat, Soy, Mustard

Preparation Instructions

Oven: Cook from frozen (recommended). Preheat oven to 375°F. Place Crab Cakes onto a nonstick baking sheet pan. Lightly coat crab cakes with olive oil or butter flavored cooking spray. Place in center of oven rack and bake for 20-25 minutes or until it turns golden brown on top and reaches an internal temperature of 165°F.

Sauté: Cook from thawed. Remove Crab Cakes from packaging and thaw under refrigeration until fully thawed. Preheat medium size sauté pan with 1-2 tablespoons oil of choice to medium high heat. Carefully add Crab Cakes to pan in single layer. Cook for 3-4 minutes. Turn and cook for an additional 3-4 minutes or until the internal temperature reaches 165°F.