

Egg Harbor Crab and Lobster Cakes (8) 6 oz

Nutrition Facts	
8 servings per container	
Serving size 1 cake (170g/6oz)	
Amount per serving	
Calories	330
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 180mg	61%
Sodium 640mg	28%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 21g	43%
Vitamin D 0mcg	0%
Calcium 270mg	20%
Iron 0.3mg	0%
Potassium 160mg	4%
<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, LOBSTER, 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), BREAD CRUMB (WHEAT FLOUR, SUGAR, YEAST, SALT, ENRICHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)), EGGS (WHOLE LIQUID EGG (WHOLE EGG, CITRIC ACID, 0.15% WATER ADDED AS A CARRIER FOR CITRIC ACID. CITRIC ACID ADDED TO PRESERVE COLOR), DIJON MUSTARD (WATER, MUSTARD SEEDS, DISTILLED VINEGAR, SALT, CONTAINS 2% OR LESS OF CITRIC ACID, POTASSIUM METABISULPHITE (PRESERVATIVES)), WORCHESTERSHIRE (DISTILLED VINEGAR, WATER, MOLASSES, SUGAR, SALT, SPICES, CITRIC ACID, ANCHOVY, CELERY SEED, NATURAL FLAVOR, XANTHAN GUM (THICKENER), GARLIC POWDER & TAMARIND EXTRACT), SEASONING (GRANULATED GARLIC, GROUND MUSTARD, CELERY SALT (SALT, CELERY SEED), SPICES (INCLUDING RED PEPPER AND BLACK PEPPER), AND PAPRIKA), HOT SAUCE (AGED CAYENNE RED PEPPERS, DISTILLED VINEGAR, WATER, SALT AND GARLIC POWDER), GREEN ONION.

Contains: SHELLFISH (CRAB, LOBSTER), SOY, WHEAT, EGG, FISH (ANCHOVIES),