



CRAB CAKES

Surimi crab meat blended with celery and mayonnaise then lightly fried to a golden brown.

- Serve for lunch or dinner
- Perfect with Gourmet Boutique's Mac & Cheese
- Perfect with soup or a mixed green salad
- Display in the self service section & garnish with lemon
 - Prepack in the Grab 'N Go section
- Create a sandwich or wrap utilizing crab cakes

HEATING INSTRUCTIONS

MICROWAVE OVEN: 2-3 minutes or until hot

(or until internal temperature is 165F as indicated by a calibrated cooking thermometer)

OVEN: Preheat oven to 350 degrees and reheat for 15 to 20 minutes

(or until internal temperature is 165F as indicated by a calibrated cooking thermometer)

INGREDIENTS

Imitation Crab Meat (Fish Protein [Alaska Pollock and/or Whiting], Water, Wheat Starch, Corn Starch, Sugar, Sorbitol, Contains 2% Or Less Of The Following; Salt, Mirin Wine, Soybean Oil, Natural And Artificial Crab Flavor, Calcium Carbonate, Egg Whites, Sodium Tripolyphosphate, Tetrasodium Pyrophosphate, Carmine, Paprika Oleoresin [Color Added]), **Celery, Mayonnaise** (Soybean Oil, Distilled Vinegar, Egg Yolks, High Fructose Corn Syrup, Water, Corn Syrup, Contains Less Than 2% OF Salt, Mustard Seed, Mustard Bran, Calcium Disodium EDTA Added To Protect Flavor), **Bread Crumbs** (Bleached Wheat Flour, Dextrose, Yeast, Salt), **Red Bell Pepper, Contains less than 2% of Batter Mix** (Bleached Wheat Flour, Modified Corn Starch, Salt, Cellulose Gum (Sodium Carboxymethylcellulose), Wheat Gluten), **Enriched Flour** (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), **Garlic Powder, Modified Corn Starch, Parsley, Pepper, Salt, Soybean Oil, Sugar, Water.**

Contains Fish (Pollock, Whiting), Shellfish (Crab), Wheat, Egg.

Available FROZEN & FRESH - NEW YORK & ARIZONA

Please see reverse side for more information.

Nutrition Facts	
16 servings per container	
Serving size	5 oz(142g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 900mg	39%
Total Carbohydrate 34g	12%
Dietary Fiber 1g	5%
Total Sugars 6g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 47mg	4%
Iron 1mg	4%
Potassium 132mg	2%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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FRESH - NEW YORK - 1/16PC

UPC #: **7-06129-00654-0**

PACK SIZE: **1/16PC**

BOX L/W/H: **13.75" x 10.25" x 3.5"**

CUBE: **0.29**

TI/HI: **14x20**

GR WEIGHT: **5.5 lb**

SHELF LIFE: **18 DAYS**

NET WT: **5 lb**



FRESH - NEW YORK & ARIZONA - 2/16PC TRAYS

UPC #: **7-06129-00601-4**

PACK SIZE: **2/16PC**

BOX L/W/H: **12.75" x 10.13" x 6.75"**

CUBE: **0.50**

TI/HI: **14x10**

GR WEIGHT: **10.7 lb**

SHELF LIFE: **18 DAYS**

NET WT: **10 lb**



FROZEN - NEW YORK & ARIZONA - 2/16PC

UPC #: **7-06129-00620-5**

PACK SIZE: **2/16PC**

BOX L/W/H: **12.75" x 10.13" x 6.75"**

CUBE: **0.50**

TI/HI: **14x10**

GR WEIGHT: **10.7 lb**

SHELF LIFE: **min. 90 days (18 from slack)**

NET WT: **10 lb**

