



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 to 3 minutes or until hot

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

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

(or until internal temperature is 165°F 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**, **Enriched Flour** (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), **Sugar**, **Salt**, **Soybean Oil**, **Garlic Powder**, **Modified Corn Starch**, **Spices**.

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

FRESH - NEW YORK

UPC #: **7-06129-00654-0** TI/HI: **14x20**
 PACK SIZE: **1/16 PC** GR WEIGHT: **5.50 LB**
 BOX L/W/H: **13.07" x 10.45" x 3.64"** SHELF LIFE: **18 DAYS**
 CUBE: **0.29** NET WT: **5 LB**

FRESH - NEW YORK & ARIZONA

UPC #: **7-06129-00601-4** TI/HI: **14x10**
 PACK SIZE: **2/16 PC** GR WEIGHT: **10.70 LB**
 BOX L/W/H: **13.07" x 10.45" x 7.02"** SHELF LIFE: **18 DAYS**
 CUBE: **0.56** NET WT: **10 LB**

FROZEN - NEW YORK & ARIZONA

UPC #: **7-06129-00620-5** TI/HI: **14x10**
 PACK SIZE: **2/16 PC** GR WEIGHT: **10.70 LB**
 BOX L/W/H: **13.07" x 10.45" x 7.02"** SHELF LIFE: **Min. 90 days (18 from slack)**
 CUBE: **0.56** NET WT: **10 LB**



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 44mg	4%
Iron 1mg	4%
Potassium 129mg	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