



East Coast Gourmet

Cooked Premium Crab Cake

A delightful combination of blue swimming lump meat and our trademark seasonings and spices makes this award winning recipe simply delicious.



Item #	UPC	Case	Pallet
0048	88063200048 3	24 x 3 oz Net Weight: 4.5 lbs Gross Weight: 5.15 lbs Case Dimensions: 13.75" x 8.25" x 4.75" Case Cube: .31	10 per tier / 20 tiers high 200 cases per pallet Pallet weight (gross): 1030 lbs

INGREDIENTS: JUMBO LUMP CRAB MEAT (CRAB MEAT, SODIUM ACID PYROPHOSPHATE), SPECIAL CRAB MEAT (CRAB MEAT, SODIUM ACID PYROPHOSPHATE), MAYONNAISE (SOYBEAN OIL, EGG YOLK, VINEGAR, CORN SYRUP, WATER, SALT AND), EGG (WHOLE EGG, CITRIC ACID), PANKO BREAD CRUMBS (UNBLEACHED WHEAT FLOUR, EVAPORATED CANE JUICE, YEAST, SEA SALT), WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES, NATURAL FLAVOR, TAMARIND) PARSLEY, MUSTARD POWDER, LEMON JUICE, CELERY SALT (SALT, CELERY), SPICES (INCLUDING PAPRIKA, DEHYDRATED GARLIC, DEHYDRATED ONION, BLACK PEPPER AND RED PEPPER), CARRAGENAN GUM.

CONTAINS: CRAB, EGG, WHEAT & FISH.

COOKING INSTRUCTIONS: Thaw in refrigerator. Preheat oven to 350°F. Place in oven-safe dish and bake for 15 minutes.

SHELF LIFE: 12 months from manufacture date, frozen. Once thawed, product may be kept refrigerated for up to 5 days.

Nutrition Facts

Serving Size 1 Cake (56 g)
Servings per container 24

Amount Per Serving

Calories 114 **Calories from Fat** 67

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 3%

Trans Fat 0g

Cholesterol 80mg 27%

Sodium 328mg 14%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 3%

Sugars 0g

Protein 8g

Vitamin A 13% • Vitamin C 4%

Calcium 4% • Iron 13%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

HANDLING: Keep frozen. Thaw under refrigeration



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