



East Coast Gourmet

Premium Crab Cake Mix

Our premium crab cakes mix in a convenient scoop tub designed to control portion size while maintaining menu flexibility.



Item #	UPC	Case	Pallet
0025	80632000025 2	2 x 3 lb Net Weight: 6 lb Gross Weight: 7.34 lb Case Dimensions: 13.75" x 8.25" x 4.75" Case Cube: .31	14 per tier/ 8 tiers high 112 cases per pallet Pallet weight (gross): 822.08 lb

INGREDIENTS: LUMP CRAB MEAT (CRAB MEAT, SODIUM ACID PYROPHOSPHATE), MAYONNAISE (SOYBEAN OIL, WHOLE EGGS, VINEGAR, WATER, EGG YOLKS, SALT, CORN SYRUP, SALT AND SPICES), 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 (CONTAINS SOY), TAMARIND), PARSLEY, DIJON MUSTARD (WATER, MUSTARD SEED, MUSTARD FLOUR, VINEGAR, WINE, SALT & SULFITES) LEMON JUICE, CELERY SALT (SALT, CELERY), SPICES (INCLUDING PAPRIKA, DEHYDRATED GARLIC, AND DEHYDRATED ONION), XANTHAN/GUAR GUM

CONTAINS: CRAB, EGG, WHEAT, FISH AND SOY.

COOKING INSTRUCTIONS: Thaw in refrigerator. Preheat oven to 350. Place in oven safe dish, dot with butter, bake for 6 - 8 minutes or until golden brown. Deep fryer: 350 degrees and fry until golden brown. Pan Fry: on medium heat 2 minutes per side.

HANDLING: Keep frozen. Thaw under refrigeration.

SHELF LIFE: 12 months from manufacture date, frozen.

Nutrition Facts

Serving Size (85 g)

Amount Per Serving

Calories 170 Calories from Fat 100

% Daily Value*

Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 120mg	40%
Sodium 490mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 12g	

Vitamin A 20% • Vitamin C 6%
Calcium 6% • Iron 20%

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



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