3 oz Maryland Style Crab Cakes, OR

The simple favorites in this line fit all styles of dining. Unbreaded fish portions are great for center-of-the-plate; Clams are ideal for baskets; and Crab Cakes and Calamari make a nice complement to your appetizer menu.

INGREDIENTS: CRABMEAT (SWIMMING CRAB), WATER, MAYONNAISE [VEGETABLE OIL, WATER, EGGS, VINEGAR, SUGAR, SALT, MONOSODIUM GLUTAMATE, HYDROXYPROPYL DISTARCH PHOSPHATE, LACTIC ACID, XANTHAN GUM, BETA CAROTENE (COLOR), SPICE EXTRACTIVE], BREAD CRUMBS (WHEAT FLOUR, GLUCOSE, YEAST, SALT, CORN STARCH, VITAMIN C), EGGS, SOYBEAN OIL, TEXTURED WHEAT PROTEIN (WHEAT PROTEIN, WHEAT FLOUR), SEASONING (POTATO STARCH, SALT, SUGAR, LEMON JUICE POWDER, GARLIC POWDER, SPICES, PAPRIKA, PARSLEY FLAKES, ONIONS, TAMARIND, VINEGAR POWDER, GLUCOSE, SODIUM DIACETATE, NATURAL FLAVOR, HYDROLYZED CORN PROTEIN, ARTIFICIAL FLAVOR, TURMERIC EXTRACTIVE, GUAR GUM), WORCESTERSHIRE SAUCE (WATER, MOLASSES, MALT VINEGAR, DISTILLED VINEGAR, SUGAR, SALT, ANCHOVIES, TAMARIND EXTRACT, ONIONS, GARLIC, SPICES, LEMON OIL), LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), MUSTARD (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVOR, AND GARLIC POWDER).

CONTAINS CRUSTACEAN SHELLFISH (CRAB), FISH (ANCHOVY), WHEAT, EGGS

Nutrition Facts

Amount Per Serving
Calories 220
Total Fat 13 g 17%
Saturated Fat 2.5 g 13%
Trans Fat 0 g
Cholesterol 45 mg 15%
Sodium 550 mg 24%
Total Carbohydrate 13 g 5%
Dietary Fiber 1 g 4%
Total Sugars 1 g
Includes g Added Sugars %
Protein 13 g

% Daily Value*
Vitamin D mg %
Calcium 90 mg 6%
Iron 1 mg 6%
Potassium 112 mg 2%

*The % Daily Values (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.

Prep & Cooking Suggestions:
TEMPER CAKES TO SEMI-SOFT CONSISTENCY IN REFRIGERATOR PRIOR TO COOKING. FRY: FRY TEMPERED CAKES AT 350°F FOR 3 MINUTES. REGULAR OVEN: TO ENHANCE CRUST COLOR, PAR FRY TEMPERED CAKES FOR 30-45 SECONDS AT 350°F. HEAT TEMPERED CAKES AT 375°F FOR 7-8 MINUTES. CONVECTION

Serving Suggestions:
Appetizer: One cake over a bed of vegetable slaw and an apple-walnut vinaigrette. Entree Salad: Two cakes over mixed lettuces, pepper bacon, yellow tomatoes, asparagus, and Dijon vinaigrette. Entrees: Two-three cakes with wild rice pilaf, asparagus, and sun-dried tomato salad with a thyme cream

Product Specifications:

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<th>Code</th>
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<td>10073538043037</td>
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Shipping Information

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<td>9.4 INH</td>
<td>0.6 FTQ</td>
<td>15x5</td>
<td>547 Days</td>
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Claims & Child Nutrition:
BAP Certified: 
MSC Certified: 
Has CN Statement: No

Species / Scientific Name:
Crab - portunus hamall

Information subject to change without notice at the discretion of High Liner Foods (USA)