

## CLASSIC CRAB CAKES



UPC CODE: 54319 00520



A blend of real crab meats, whole-egg mayonnaise, seasoned corn bread crumbs, Dijon mustard, and spices accented by fresh chopped parsley for a classic “Maryland Style,” non-breaded crab cake.

Shelf Life: Frozen: 9 months

Package: 2-3 oz. cakes per package.

Case Pack: 12 – 6 oz. packages per box.

Case Size: 17.25” x 9.75” x 2.5”

Pallet: 10 tie, 24 High

Notes: Product is best displayed frozen, and should not be thawed in package.

### Nutrition Facts

Serving size: 1 Cake (85 g)  
Servings Per Container: 2

Amount Per Serving		% Daily Value*	
<b>Calories</b> 187	Calories from Fat 104		
<b>Total Fat</b> 12 g		<b>18%</b>	
Saturated Fat 2 g		<b>10%</b>	
Trans Fat 0 g			
<b>Cholesterol</b> 82 mg		<b>27%</b>	
<b>Sodium</b> 278 mg		<b>12%</b>	
<b>Total Carbohydrate</b> 16 g		<b>5%</b>	
Dietary Fiber 1 g		<b>5%</b>	
Sugars 1 g			
<b>Protein</b> 5 g			

Vitamin A 4%	•	Vitamin C 0%
Calcium 8%	•	Iron 6%

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

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4




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CLASSIC CRAB CAKES

**COOKING INSTRUCTIONS:** Remove crab cake from package. **STOVE TOP:** Place 2-3 tablespoons of vegetable oil in a wide sauté pan and preheat on medium-high heat. Gently slide crab cake into pan. Cook for 1-2 minutes, flip cake, and cook until internal temperature reaches 165°F. **CONVENTIONAL /TOASTER OVEN:** Preheat oven to 450°F, place crab cake on oiled baking sheet. Brush top of cake with melted butter and bake for 7-9 minutes. Carefully flip and bake for an additional 5-7 minutes or until internal temperature reaches 165°F.

**INGREDIENTS:** Crab Meat (Crab Meat, Salt [contains one or more of the following: Rock Crab, Snow Crab, Blue Crab]), Mayonnaise (Expeller Pressed Canola Oil, Whole Eggs, Apple Cider Vinegar, Water, Egg Yolks, Salt, White Mustard [Distilled White Vinegar, Water, Mustard Seed, Salt], Lemon Juice Concentrate), Corn Bread (Cameo Unbleached Flour [Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Organic Yellow Corn Meal, White Sugar, Organic Canola Oil, Salt, Yeast, Celery Salt, Sage, Onion, Thyme), Liquid Eggs, Flour, (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Starch, Green Onion, Worcestershire Sauce [Distilled Vinegar, Water, Molasses, Corn Syrup, Salt, Sugar, Spices, Caramel Color, Anchovies, Natural Flavors (Soy), Xanthan Gum, Dehydrated Garlic Powder, Tamarind Extract], Dijon Mustard [Distilled Vinegar, Water, #1 Grade Mustard Seed, Salt, Chardonnay Wine, Citric Acid, Tartaric Acid, Spices, Turmeric], Parsley, White Pepper, Pepper Sauce [Distilled Vinegar, Red Pepper, Salt].

**CONTAINS:** Crab, Eggs, Soy, Wheat.

KEEP REFRIGERATED OR FROZEN

**NET WT. 6 OZ. (170G)**

Encore Seafoods, Reno, NV 89507  
www.encorseafoods.com