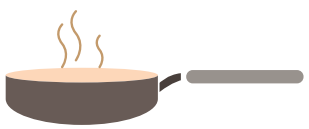


## Traditional Crab Cakes

### Cooking Instructions

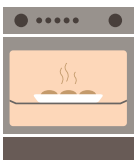
#### Saute

Medium heat approx.  
6 minutes each side



#### Bake

350 for approximately  
20 minutes



Ingredients: Crabmeat, Whole Eggs, Bread Crumbs, (enriched bleached wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), dextrose, contains 2% or less of partially hydrogenated soybean and/or cottonseed oil, salt, yeast), Mayonnaise (soybean oil, corn syrup, water, egg yolk, distilled vinegar, spice, calcium EDTA (added to protect flavor)), Dijon Mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spice), Lemon Juice (water, lemon juice concentrate, "natural citrus flavor," citric acid, preserved with .1% sodium benzoate and sodium bisulfite), Onions, Spices (mustard, red pepper, black pepper, bay (Laurel) leaves, cloves, Allspice (Pimento), mace, cardamon, cinnamon, and paprika), Butter Flavor (malto-dextrin, modified butter oil and dehydrated butter, salt, guar gum, baking soda, annatto and turmeric vegetable color), Modified Food Starch, Dry Mustard (mustard flour) and Chives.





CONTAINS: WHEAT, SOYBEAN, EGGS, SHELLFISH AND DAIRY.

Net Wt. 2.43 lbs./39 OZ.  
12/3.25 OZ  
Item No. 8AVO1

**KEEP FROZEN**  
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### Nutrition Facts

Serving Size: approx 1 crab cakes (91g)  
Servings Per Container: 12

Amount Per Serving			
Calories 136		Calories from Fat 38	
% Daily Value*			
<b>Total Fat</b> 4.2g	6%		
Saturated Fat 1g	5%		
<b>Cholesterol</b> 139mg	46%		
<b>Sodium</b> 412mg	17%		
<b>Total Carbohydrate</b> 7.9g	3%		
Dietary Fiber less than 1g	2%		
Sugars less than 1g			
<b>Protein</b> 14g			
<b>Vitamin A</b> 4%	<b>Vitamin C</b> 9%		
<b>Calcium</b> 7%	<b>Iron</b> 7%		

\*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 Carbohydrates		300g	375g