

631519 - 1/9 LB Genuine Maryland-Style Premium Crab Cakes, 3 o...

High Liner Foodservice Maryland Style Crab Cakes feature authentically seasoned breading and stuffing with over 25% of moist, sweet crabmeat. These delectable Crab Cakes easily cook to Maryland style perfection in no time with hardly any prep, whether deep-fried, baked or broiled. A must for elevating any seafood menu.



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
10004302	631519	10073538043020	48 x 3 OZ

Brand	Brand Owner	GPC Description
High Liner Foodservice	High Liner Foods Inc.	Aquatic Invertebrates/Fish/Shellfish/Seafood Mixes - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.93 LBR	9.0 LBR	No	China	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14.33 INH	7.598 INH	7.677 INH	0.4837 FTQ	15x5	365 Days	-10 FAH / 0 FAH

Nutrition Facts

48 Servings per container

Serving Size 1 Crab Cake (84g)

Amount Per Serving
Calories **220**

% Daily Value*

Total Fat 13 g **17%**

Saturated Fat 2.5 g **13%**

Trans Fat 0 g

Cholesterol 45 mg **15%**

Sodium 550 mg **24%**

Total Carbohydrates 13 g **5%**

Dietary Fiber 1 g **4%**

Total Sugars 1 g

Includes 1 g Added Sugars **2%**

Protein 13 g

Vitamin D 0 mcg 0%

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.

ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - C
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - N
- Fish - C
- Shellfish - NI

SERVING SUGGESTIONS



These Maryland Style Crab Cakes are ideal for appetizers, as a center of the plate with a fresh veggie mix, or on an entrée salad. They pair very well with any complementary sauce or dressing you desire.

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, YEAST, SALT), EGGS, SOYBEAN OIL, TEXTURED WHEAT PROTEIN (WHEAT PROTEIN, WHEAT FLOUR), SEASONING (POTATO STARCH, SPICES, GARLIC POWDER, PAPRIKA, PARSLEY FLAKES, ONIONS, TAMARIND, SALT, SUGAR, LEMON JUICE POWDER, GLUCOSE, VINEGAR POWDER, SODIUM DIACETATE, NATURAL FLAVOR, HYDROLYZED SOY PROTEIN, ARTIFICIAL FLAVOR, TURMERIC EXTRACTIVE, GUAR GUM), WORCESTERSHIRE SAUCE (WATER, MOLASSES, MALT VINEGAR, SPIRIT VINEGAR, SUGAR, SALT, ANCHOVIES, TAMARIND EXTRACT, ONIONS, GARLIC, SPICES, LEMON OIL), LEMON JUICE (WATER, LEMON JUICE CONCENTRATE), MUSTARD (DISTILLED VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVOR, AND GARLIC POWDER). CONTAINS: FISH (ANCHOVY), CRUSTACEAN SHELLFISH (CRAB), WHEAT, SOY, EGGS

HANDLING SUGGESTIONS



Keep Frozen

PREPARATION & COOKING SUGGESTIONS



COOKING INSTRUCTIONS: TEMPER CAKES TO SEMI-SOFT CONSISTENCY IN REFRIGERATOR PRIOR TO COOKING. DEEP FRY: Deep fry cakes at 350°F for about 3 minutes. CONVENTIONAL OVEN: Par fry cakes for 30 - 45 seconds at 350°F then bake at 375°F for 7 - 8 minutes or until golden brown. CONVECTION OVEN: Par fry cakes for 30 - 45 seconds at 350°F then bake at 350°F for 6 - 7 minutes or until golden brown. BROIL: On HIGH HEAT with rack at center oven position, broil cakes for about 3 minutes, turn, baste with mayonnaise and broil for about 3 more minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE OF 155°F MINIMUM.

MORE INFORMATION



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NUTRITIONAL ANALYSIS



Calories	220
Protein	13 g
Total Carbohydrates	13 g
Sugars	1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	13 g
Trans Fat	0 g
Saturated Fat	2.5 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	45 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	550 mg
Calcium	90 mg
Iron	1 mg
Potassium	112 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



MORE IMAGES

