



## 9 Lb (4.08 kg) Genuine Maryland-Style Premium Crab Cakes, 3 oz, 48 ct

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.

Product Last Saved Date: 26 August 2025

### Nutrition Facts

48 Servings per container  
**Serving Size 1 Crab Cake (84g)**

**Amount Per Serving**  
**Calories 220**

	% Daily Value*
<b>Total Fat</b> 13 g	<b>17%</b>
Saturated Fat 2.5 g	<b>13%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 45 mg	<b>15%</b>
<b>Sodium</b> 550 mg	<b>24%</b>
<b>Total Carbohydrates</b> 13 g	<b>5%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 1 g	
Includes 1 g Added Sugars	<b>2%</b>

<b>Protein</b> 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.

Product Specifications :		
Code	GTIN	Type Of Catch
10004302	10073538043020	WILD

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

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
9.93 LBR	9.0 LBR	China	Undeclared	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	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

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						

Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):		
Eggs - C	Milk - N	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - C	Sesame - N

#### Prep & 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.

#### 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.

#### Species / Scientific Name:

Crab - Portunis haanii, Portuni pelagicus

#### Claims & Child Nutrition:

BAP Certified:  
MSC Certified:  
Has CN Statement: No  
CN Statement:



