

# 1/9 LB Maryland Style Oven Ready Crab Cakes, 3 oz

These oven-ready High Liner Foodservice Maryland Style Crab Cakes feature authentically seasoned breading and stuffing, with generous portions of moist, sweet crabmeat. These delectable Crab Cakes cook to Maryland style perfection in no time with hardly any prep. A must for elevating any seafood menu.

Product Last Saved Date: 04 April 2025



**HIGH LINER**  
FOODSERVICE™



## 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.

### Product Specifications :

Code	GTIN	Type Of Catch
10004303	10073538043037	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
9.56 LBR	9.0 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.688 INH	8.063 INH	9.375 INH	0.6425 FTQ	15x5	547 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: TO DEEP FRY:** Temper cakes to semi-soft consistency in refrigerator prior to cooking. Deep fry cakes at 350°F for about 3 minutes. **CONVENTIONAL OVEN:** Bake frozen cakes at 425°F for 16 - 18 minutes. **CONVECTION OVEN:** Bake frozen cakes at 400°F for 12 - 14 minutes. **BROIL:** On medium heat with rack at center oven position, heat frozen cakes for about 5 minutes, flip over, and bake for an additional 5 minutes. **MICROWAVE:** In a 600-700 watt unit, cook frozen cakes covered on high for 2 minutes, turning plate after 1 minute. **NOTE: COOK TO AN INTERNAL TEMPERATURE OF 165°F MINIMUM.** **NOTE: COOKING TIMES WILL VARY BY OVEN MODEL AND WATTAGE. RECOMMENDED MICROWAVE COOKING TIMES ARE BASED ON A 600-700 WATT OVEN. CAUTION: STEAM CAN CAUSE BURNS. USE CAUTION WHEN REMOVING HOT FOOD.**

### Serving Suggestions:

**Appetizer:** One cake over a bed of vegetable slaw and an apple-walnut vinaigrette. **Entrée Salad:** Two cakes over mixed lettuces, pepper bacon, yellow tomatoes, asparagus, and Dijon vinaigrette. **Entrées:** Two-three cakes with wild rice pilaf, asparagus, and sun-dried tomato salad with a thyme cream sauce. Or, two cakes topped with poached eggs and hollandaise sauce served with chilled fruit and home-style potatoes.

### Species / Scientific Name:

Crab - Portunis haanii, Portuni pelagicus

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:



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