

ULTIMATE LUMP CRAB CAKE

COOKING INSTRUCTIONS:

PAN SAUTÉ:

PLACE 2 TSP. OF BUTTER OR OIL IN A PAN AND HEAT OVER MEDIUM HEAT. PLACE CAKES IN PAN WHEN BUTTER OR OIL IS HOT. COOK 5 MINUTES ON EACH SIDE.

OVEN BAKE:

PREHEAT OVEN TO 400°F. BAKE 10-12 MINUTES (OR UNTIL INTERNAL TEMPERATURE REACHES 160°F), TURNING ONCE.

INGREDIENTS:

BLUE CRAB, MAYONNAISE (SOYBEAN OIL, WATER, EGGS, VINEGAR, CONTAINS LESS THAN 2% OF EGG YOLKS, LEMON JUICE CONCENTRATE, SALT, SUGAR, DRIED ONIONS, DRIED GARLIC, PAPRIKA, NATURAL FLAVOR, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)), BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SALT, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL), EGGS, WORCESTERSHIRE SAUCE(DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARMEL COLOR, GARLIC POWDER, SUGAR, ANCHOVIES, TAMARIND, NATURAL FLAVOR), ONION, DIJON MUSTARD (WATER, VINEGAR, MUSTARD SEED, SALT, WHITE WINE, FRUIT PECTIN, CITRIC ACID, TARTARIC ACID, SUGAR, SPICE), LEMON JUICE, KOSHER SALT, CAYENNE PEPPER, PARSLEY, VEGETABLE OIL.

CONTAINS: CRAB, ANCHOVIES, WHEAT & EGG

Nutrition Facts	
Serving Size 1 cake (115g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 600mg	25%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 23g	
Vitamin A 2%	• Vitamin C 8%
Calcium 10%	• Iron 8%
*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
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	