



GOURMET JUMBO LUMP CRAB CAKE

(20) 4 oz Portions

Preparation Instructions: Oven: Cook from frozen (Recommended Method). Preheat oven to 375° F. Place jumbo lump crab cakes onto a nonstick baking sheet pan. Lightly coat jumbo lump crab cakes with olive oil or butter flavored cooking spray. Place in center of oven rack and bake for 20-25 minutes or until it turns golden brown on top and reach an internal temperature of 165° F. Remove from oven and let sit for 1-2 minutes before serving. Sauté: Cook from thawed. Remove crab cakes from packaging and thaw under refrigeration until fully thawed. Preheat medium size sauté pan with 1-2 tablespoon oil of choice to medium high heat. Carefully add crab cakes to pan in single layer. Cook for 3-4 minutes. Turn and cook for an additional 3-4 minutes or until the internal temperature reaches 165° F. Let sit 1-2 minutes before serving.

Ingredients: Jumbo Lump Crabmeat, Eggs, Mayonnaise, Fresh bread crumbs, Dijon Mustard, Lemon Juice, Seafood Seasoning, Lemon Pepper Seasoning, Worcestershire sauce, Dried Parsley.

Allergens: Crabmeat / Shellfish, Egg, Wheat, Soy and Mustard. May Contain Shells

Product of USA

Distributed By: Rastelli Foods Group
300 Heron Dr, Swedesboro, NJ 08085
NET WT: 80.00 OZ. (5.00 LBS.)

Nutrition Facts

Serving Size: 4 oz (113g)
Servings Per Container: 20

Amount Per Serving

Calories 177	Calories from Fat 90
Total Fat 10g	15%
Saturated Fat 1.7g	9%
Cholesterol 130 mg	43%
Sodium 857 mg	36%
Total Carbohydrate 3.5mg	1%
Dietary Fiber 1g	4%
Sugars 0.5g	

Protein 17g

Vitamin A 3% • Vitamin C 5%
Calcium 8% • Iron 5%

*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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

KEEP FROZEN