

SEALEGS® Seafood Crab Cakes

SEALEGS®
BRAND



>> AWARD WINNING:
Alaska Symphony of Seafood, "People's Choice"

>> 0G TRANS FAT

>> BAKE OR FRY

Trident 
SEAFOODS

SEALEGS® Seafood Crab Cakes

Our SEALEGS Seafood Crab Cakes make it easy to feature award-winning and affordable crab cakes on your menu. Made with real crab and premium quality pollock surimi, these IQF beauties cook up quickly from frozen — either baked, or deep-fried — with absolutely no prep.

Fill out your menu with our winning crab cake line-up. Our Mini Breaded cakes are a snap to use in a Crab Benedict, in Caesar or herbed green salads, or in Captain's Platters. Or why not go international, with Lightly Breaded Crab Cake wraps, pitas and crab enchiladas.

Features & Benefits

>> AFFORDABLE CRAB CAKES

Contains real crab and surimi seafood

>> READY TO COOK

IQF, consistent sizing

>> SIMPLE TO PREPARE

No messy shelling, no prep

Species Information

SEA LEGS Brand Surimi Seafood is a delicate, sweet tasting crabmeat substitute. Made from Alaska Pollock that has been de-boned, minced and mixed with a pure crab flavor concentrate, our surimi is naturally colored and formed — with no msg — then cooked and cut into the shape of crab leg meat.

Alaska Pollock is the most abundant fish species harvested in Alaska waters. Managed carefully by NOAA fisheries and certified sustainable by the Marine Stewardship Council, Alaska Pollock is an environmentally responsible seafood choice. Cousin to the codfish, its lean, snow-white flesh, delicate texture and mild taste make it one of the most versatile and healthy choices available.

PACK INFORMATION

ITEM #	DESCRIPTION	PORTION SIZE	PACK SIZE	APPROX. PIECES PER CASE	GTIN #
499464	3 oz. IQF Lightly Breaded O/R	2-3 oz.	1/10 lb.	55-75	0 00 28029 99464 3
442742	.85 oz. IQF Mini Breaded O/R	2-3 oz.	1/10 lb.	55-75	0 00 28029 42742 4

DIMENSION: (L x W x D) 15" L x 10" W x 6" H
 GROSS WEIGHT: 11 lb. CUBE: .54 TI HI: 12 x 7



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COOKING & HANDLING INSTRUCTIONS

Keep frozen until ready to use. For best results: Turn product over halfway through cooking time. Cook until crisp and golden brown.

METHOD	TEMP.	LIGHTLY BREADED	MINI BREADED
		COOK TIME IN MINUTES	
Deep fryer (pre-heated oil)	350° F	4 min.	3.5-4 min.
Pan fry (greased pan)	Medium Heat	N/A	N/A
Convection Oven (greased baking sheet)	400° F	7 min. per side	5-6 min. per side
Conventional Oven (greased baking sheet)	425° F	7 min. per side	5-6 min. per side

Cooking times and temperatures may vary with equipment and load.

Nutrition Facts – Uncooked Serving Size	Lightly Breaded 1 piece (85 g/3 oz)		Mini Breaded 5 pieces (120 g/4.2 oz)	
Amount Per Serving				
Calories Calories from Fat	180	45	260	60
% Daily Value*				
Total Fat	5g	8%	7g	11%
Saturated Fat	0g	0%	0.5g	3%
Trans Fat	0g		0g	
Polyunsaturated Fat	0g		0g	
Monounsaturated Fat	0g		0g	
Cholesterol	20mg	7%	25mg	8%
Sodium	600mg	25%	850mg	35%
Total Carbohydrate	26g	9%	39g	13%
Dietary Fiber	1g	4%	2g	8%
Sugars	2g		2g	
Protein	7g	14%	10g	20%
Vitamin A • Vitamin C	2% • 4%		2% • 6%	
Calcium • Iron	4% • 8%		4% • 10%	

*Percent Daily Values are based on a 2,000 calorie diet.

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