



3 oz Louisiana Style Ultimate Fish and Crab Cake

Nutrition Facts

Serving Size 1 cake (85g)

Amount Per Serving

Calories 200 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 570mg	**24%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 2g	
Protein 8g	

Vitamin A 2% • Vitamin C 0%

Calcium 6% • Iron 4%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CRAB MEAT, MAYONNAISE (SOYBEAN OIL, EGGS, VINEGAR, SALT, MUSTARD, SUGAR, WATER), **BREAD CRUMBS** (UNBLEACHED WHEAT FLOUR, SALT, YEAST), (FISH PROTEIN (POLLOCK, COD AND/OR WHITING), WATER, WHEAT STARCH, EGG WHITES, SUGAR, SORBITOL, MODIFIED FOOD STARCH, SALT, SOYBEAN OIL, SNOW CRAB, NATURAL AND ARTIFICIAL FLAVORS, SODIUM TRIPOLYPHOSPHATE, TETRASODIUM PYROPHOSPHATE, MIRIN WINE, PAPRIKA, COLOR ADDED), **TEXTURED WHEAT PROTEIN** (WHEAT GLUTEN, WHEAT STARCH, PHOSPHATE, TITANIUM DIOXIDE, ANTIOXIDANT), **WATER, EGGS, YELLOW ONION, GREEN PEPPER, RED PEPPER, MUSTARD** (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICES, NATURAL FLAVOR, GARLIC POWDER), **SPICES, BAKING POWDER** (SODIUM ACID PHYROPHOSPHATE, MONO CALCIUM PHOSPHATE, SODIUM BICARBONATE, TAPIOCA STARCH), **WORCESTERSHIRE SAUCE** (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, ANCHOVY, NATURAL FLAVOR (CONTAINS SOY) AND TAMARIND), **ARTIFICIAL FLAVOR, SUGAR, GARLIC POWDER, ONION POWDER, WHITE PEPPER, PARSLEY.**

CONTAINS: CRAB, FISH, WHEAT, EGGS AND SOY.