



# Stuffed Crab Shells



## Nutrition Facts

96 servings per container  
**Serving size 1 crab (71g)**

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 580mg	<b>25%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 1mg	6%
Potassium 121mg	2%

\*The % Daily Value 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.

Code	Pack	Type of Catch
11999	Bulk IQF	Wild Caught

Brand	GPC Description
SSPI	Crab Prepared/Processed

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
10.8 LB	10 LB	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TI/HI	Shelf Life	Storage Temp
16"	12"	8"	1536 in <sup>3</sup>	10/5	1 Year Frozen	0°F or below

**Ingredients**  
 INGREDIENTS: Imitation crabmeat (fish protein (Alaska pollock and/or Pacific whiting), water, wheat starch, sugar, sorbitol, modified food starch, contains 2% or less of: natural and artificial crab flavors (swimming crab, snow crab), mirin wine (sake, sugar, salt, water, yeast extract), egg white, salt, soybean oil, sodium tripolyphosphate, tetrasodium pyrophosphate, carmine, paprika oleoresin, color added), mayonnaise (soybean oil, eggs, water, distilled and cider vinegar, sugar, salt, onion flavoring, natural flavoring, oleoresin paprika, lemon oil), blue crab, water, Worcestershire sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), eggs (eggs, citric acid, water), bread crumbs (wheat flour, sugar, soybean oil, yeast, salt), seasoning (salt, spices, paprika), red pepper.

Allergens (C='Contains' MC='May Contain' N='None' NI='No Info Provided')		
Eggs - C	Soy - N	Wheat - C
Peanuts - N	Milk - N	Fish - C
Tree Nuts - N	Shellfish - C	

Prep & Cooking Suggestions:	Serving Suggestions
Fully cooked, served warm or cold. <b>Heating Instructions (from thawed product-cooking from frozen not recommended):</b> Microwave: Heat for 45 seconds on high. Oven: Heat for 10-12 minutes at 425°F. Fryer: Heat oil to 350°F. Fry crabs for 2:30.	Serve warm with hot sauce as an appetizer or add fries and coleslaw to make an entrée. Perfect for seafood buffets.

Species/Scientific Name:	Claims & Child Nutrition/Intended use	
Callinectes sapidus or Portunus pelagicus	Has CN Statement: No	General Population; Allergens noted on label.

