



Learn more at [www.harborseafood.com](http://www.harborseafood.com)

## King Crab

When it comes to crab, Oyster Bay king crab can be considered the jewel of the Alaskan and Russian cold waters. Given its vibrant color, delicate texture, and decadent flavor, Oyster Bay king crab can be found as the center piece at most white tablecloth restaurants and retail seafood counters.



## Nutrition Facts

Serving Size 3oz (85g / 3oz)

Amount Per Serving

**Calories 80**      Calories from Fat 10

% Daily Value\*

**Total Fat** 1.5g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 45mg      **15%**

**Sodium** 910mg      **38%**

**Total Carbohydrate** 0g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 16g

Vitamin A 0%      •      Vitamin C 10%

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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

### Features and Benefits:

A variety of packs and cuts make king crab an elegant option for any menu. Our product comes fully cooked and ready to impress. Packed in standard 20 lb boxes, Oyster Bay king crab legs and claws are individually quick frozen (IQF) for ease of use.

### Menu Ideas:

Due to its significant size, king crab is best suited to seafood towers, platters, and center of the plate applications. It is also a great feature in retail ice cases.

### Handling:

Keep frozen up to 24 months.

#### King Crab Leg and Claw

**6/9 count**  
Item No. 300010

**9/12 count**  
Item No. 300020

**12/14 count**  
Item No. 300020

**14/17 count**  
Item No. 300120

**16/20 count**  
Item No. 300180

**20/24 count**  
Item No. 300240

**20/UP count**  
Item No. 300260

#### Brown King Crab Leg and Claw

**6/9 count**  
Item No. 300316

**9/12 count**  
Item No. 300320

**12/14 count**  
Item No. 300340

**14/17 count**  
Item No. 300400

**16/20 count**  
Item No. 300420

**20/24 count**  
Item No. 300480

**20/UP count**  
Item No. 300502

Product Description	10 lb	20 lb
<b>Pack Size</b>	1 x 10	1 x 20
<b>Master Case Net Weight</b>	10 lb	20 lb
<b>Master Case Gross Weight</b>	12 lb	24 lb
<b>Case Dimensions &amp; Case Cube</b>	23.6"L x 10.1"W x 5.1"H • 0.703	23.8"L x 15.7"W x 6.3"H • 1.362
<b>Pallet Ti x Hi</b>	9 x 5	5 x 13
<b>Method of Catch</b>	Wild Caught	Wild Caught
<b>Storage</b>	Keep Frozen 0°F (-18°C)	Keep Frozen 0°F (-18°C)
<b>Shelf Life</b>	24 months	24 months
<b>Species</b>	<i>Paralithodes camtschaticus</i> / <i>Paralithodes platypus</i> <i>Lithodes aequispinus</i> (brown)	<i>Paralithodes camtschaticus</i> / <i>Paralithodes platypus</i> <i>Lithodes aequispinus</i> (brown)
<b>Country of Origin</b>	Russia, USA	Russia, USA