



**Original Crab Cake 4 oz**



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

## Mini & Original Crab Cakes

We think we've hit the sweet spot between quality and value with our 0.75 oz mini crab cake, and our 2 oz, 3 oz, and 4 oz original crab cakes. With ingredients including mayonnaise, eggs, butter, and seasoning, our crab cakes can perform equally as well being deep fried, baked, or sautéed. Our blend of crabmeat grades showcases flavor as well as ensures crab in every single bite. Our cakes are also formulated to maximize holding properties for heat lamp and hot box applications to ensure quality of service in high volume feeding environments. We hope you will enjoy eating and serving them as much as we do!



Mini Crab Cake 0.75 oz



Original Crab Cake 2 oz



Original Crab Cake 3 oz

### Features and Benefits:

- Made with a blend of Harbor Seafood brand crabmeat, from 100% blue swimming crab.
- Portion and cost control/no waste.
- Economical and easy to store.
- Easy to complement flavor profile.

Nutrition Facts	
Serving Size 1 cake (21g / 0.75 oz)	
Amount Per Serving	
<b>Calories 45</b>	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol 15mg</b>	<b>6%</b>
<b>Sodium 85mg</b>	<b>3%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein 3g</b>	
Vitamin A 0%      •      Vitamin C 0% Calcium 0%      •      Iron 0%	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small>	
	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	

Nutrition Facts	
Serving Size 1 cake (57g / 2 oz)	
Amount Per Serving	
<b>Calories 120</b>	Calories from Fat 80
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>13%</b>
Saturated Fat 1.5g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 300mg</b>	<b>12%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 0g	<b>1%</b>
Sugars <1g	
<b>Protein 7g</b>	
Vitamin A 2%      •      Vitamin C 0% Calcium 4%      •      Iron 4%	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small>	
	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	

Nutrition Facts	
Serving Size 1 cake (85g / 3 oz)	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat 13g</b>	<b>19%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 7g</b>	<b>2%</b>
Dietary Fiber 0g	<b>2%</b>
Sugars <1g	
<b>Protein 11g</b>	
Vitamin A 4%      •      Vitamin C 2% Calcium 6%      •      Iron 6%	
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:</small>	
	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	

**Mini Crab Cake**  
 Item No. 690802  
 UPC 049029003395  
 GTIN 10049029003392

**Original Crab Cake 2 oz**  
 Item No. 690803  
 UPC 049029003401  
 GTIN 10049029003408

**Original Crab Cake 3 oz**  
 Item No. 690804  
 UPC 049029003418  
 GTIN 10049029003415

**Original Crab Cake 4 oz**  
 Item No. 690805  
 UPC 049029003791  
 GTIN 10049029003798

Product Description	Mini (0.75 oz)	Original (2 oz)	Original (3 oz)	Original (4 oz)
<b>Pack Size</b>	2 x 3 lb (128 pieces)	2 x 3 lb (2 x 24 x 2 oz)	2 x 3 lb (2 x 16 x 3 oz)	2 x 3 lb (2 x 12 x 4 oz)
<b>Master Case Net Weight</b>	6 lb			
<b>Master Case Gross Weight</b>	7 lb			
<b>Case Dimensions</b>	12"L x 6.6875"W x 5.75"H			
<b>Case Cube</b>	0.267			
<b>Pallet Ti x Hi</b>	18 x 10			
<b>Storage</b>	Keep Frozen			
<b>Shelf Life</b>	24 months			
<b>Country of Origin</b>	USA			