

# MORE PLEASE™

seafood inspired



Combining two of our favorite things, seafood and comfort food, MORE PLEASE™ was created to revolutionize your plates. Taking classic recipes and adding a variety of seafood favorites, our meal solutions are so good they will have you going back for MORE.



## Crab & Corn Casserole

What better combination is there besides crabmeat and sweet corn? How about crabmeat, sweet corn and cheddar cheese! Mixed together in a secret blend of herbs and spices, this casserole is ready to blow your tastebuds away.



Built with convenience in mind, our sides are easy to cook and lend themselves to endless meal combinations. Adding seafood to your plate has never been so simple, and tasty!

Side Dish  
with a seafood  
**TWIST**

Product Description	
Item Number	691655
Pack Size	10 x 12 oz
Net Weight	7.5 lb
Case Dimensions / Ti x Hi	12.5" L x 8.625" W x 6" H · 16 x 10
Shelf Life	24 months frozen

### Nutrition Facts

3 servings per container  
**Serving size 4oz (112g)**

	Per serving		Per container	
		<b>170</b>		<b>500</b>
		% DV*		% DV*
<b>Calories</b>				
<b>Total Fat</b>	8g	<b>10%</b>	24g	<b>31%</b>
Saturated Fat	4g	<b>20%</b>	12g	<b>60%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	40mg	<b>13%</b>	120mg	<b>40%</b>
<b>Sodium</b>	300mg	<b>13%</b>	910mg	<b>40%</b>
<b>Total Carb.</b>	15g	<b>5%</b>	44g	<b>16%</b>
Dietary Fiber	2g	<b>7%</b>	7g	<b>25%</b>
Total Sugars	3g		10g	
Incl. Added Sugars	0g	<b>0%</b>	0g	<b>0%</b>
<b>Protein</b>	9g		27g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	120mg	10%	370mg	30%
Iron	.6mg	4%	1.7mg	10%
Potassium	260mg	6%	770mg	16%

\* The % Daily Value (DV) 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.

**100% REAL SEAFOOD • NO IMITATION • HANDMADE IN THE USA**

For more information,  
please call / email us.

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