

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 Soufflé

Light and airy yet bursting with flavor. Our soufflé not only boasts 100% real crabmeat but also is loaded with cheddar cheese and green onions. Treat your taste buds to the perfect combination of sweet crabmeat and fluffy corn, ready to complete any type of meal.



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

Nutrition Facts

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

	Per serving		Per container	
	170		500	
	% DV*		% DV*	
Calories				
Total Fat	8g	10%	24g	31%
Saturated Fat	4g	20%	12g	60%
Trans Fat	0g		0g	
Cholesterol	40mg	13%	120mg	40%
Sodium	300mg	13%	910mg	40%
Total Carb.	15g	5%	44g	16%
Dietary Fiber	2g	7%	7g	25%
Total Sugars	3g		10g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	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.

Product Description	
Item Number	691657
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

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

For more information,
please call / email us.

1.800.645.2211
customerservice@harborseafood.com

