

Nutrition Facts

2 servings per container
Serving size
5 oz (141g)

Calories
220 | **440**
per serving | per container

	Per Serving % DV*		Per Container % DV*	
Total Fat	9g	12%	18g	23%
Saturated Fat	1.5g	8%	3g	15%
Trans Fat	1g		1.5g	
Cholesterol	165mg	55%	330mg	110%
Sodium	440mg	19%	870mg	38%
Vitamin D	0.3mcg	2%	0.5mcg	2%
Calcium	140mg	10%	290mg	20%

	Per Serving % DV*		Per Container % DV*	
Total Carb.	6g	2%	13g	5%
Dietary Fiber	0g	0%	<1g	3%
Total Sugars	<1g		1g	
Incl. Added Sugars	0g	0%	0g	0%
Protein	25g		51g	
Iron	1.3mg	6%	2.5mg	15%
Potassium	390mg	8%	780mg	15%

* 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.

INGREDIENTS: LUMP CRAB MEAT, EGG, ENRICHED FLOUR (CONTAINING WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PARTIALLY HYDROGENATED VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN AND/OR CANOLA OILS), WATER, SALT, CONTAINS 2%OR LESS OF :THE FOLLOWING:YEAST, HONEY, MOLASSES, SUGAR, WHEAT GLUTEN, WHEY, SOY FLOUR, OAT BRAN, CORN MEAL, RICE FLOUR, POTATO FLOUR, BUTTER,DOUGH CONDITIONERS (MONO- AND DIGLYCERIDES, SODIUMAND/OR CALCIUM STEAROYL LACTYLATE, SOY LECITHIN, CALCIUM CARBONATE), YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE), DISTILLED VINEGAR, SKIM MILK, BUTTERMILK, LACTIC ACID, CALCIUM PROPIONATE(PRESERVATIVE), POTASSIUM SORBATE (PRESERVATIVE), SESAME SEEDS . , SOYBEAN OIL, CORN SYRUP, WATER, EGG YOLKS, DISTILLED VINEGAR, CONTAINS LESS THAN 2% OF SALT, SPICE, CALCIUM DISODIUM EDTA TO PROTECT FLAVOR., MUSTARD SEED, BLACK PEPPER

ALLERGENS PRESENT:CONTAINS: MILK, EGG, WHEAT, SOY, CRAB

