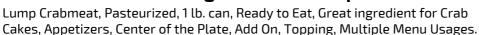


#### **Ocean Legacy**

## 102625 - Blue Swimming Crabmeat Lump







### \* Benefits

Direct Source Seafoods premium Ocean Legacy Lump - Blue Swimming Crabmeat, Pasteurized in a 1 lb. can. This product is also a Monterey Bay Aquarium Good Alternative Crabmeat

Lump is a great lower cost alternative to Jumbo Lump, to create robust and large crab pieces in crab cakes.

| Ingredients                                      | ▲ Allergens  |
|--|--|
| Blue Swimming Crab, Sodium<br>Acid Pyrophosphate | Contains:  |
|  | Free From:  O eggs of fish of milk of peanuts  O sesame of soy of tree nuts of wheat |

# **Nutrition Facts**

Servings per Container 5 Serving size 3.00Z (3oz)

Amount per serving

100

| Calories                | 100          |
|-------------------------|--------------|
| %                       | Daily Value* |
| Total Fat 1g            | 1%           |
| Saturated Fat 0g        | 0%           |
| Trans Fat 0g            |              |
| Cholesterol 95mg        | 32%          |
| Sodium 330mg            | 14%          |
| Total Carbohydrate 0g   | 0%           |
| Dietary Fiber 0g        | 0%           |
| Total Sugars 0g         |              |
| Includes 0g Added Sugar | 0%           |
| Protein 20g             | _            |
| Vitamin D 0mcg          | 0%           |
| Calcium 130mg           | 10%          |
| Iron 1mg                | 6%           |
| Potassium 300mg         | 6%           |

a serving of food contributes to a daily diet. 2,000 calories

a day is used for general nutrition advice.

# **Handling Suggestions**

Keep Refrigerated. Do not freeze. Once opened, keep in refrigerator and use within 2 days. UNIT UPC: 618864616062

#### Serving Suggestions

Keep Refrigerated until ready to use. Do not freeze. Great ingredient for Crab Cakes, Appetizers, Center of the Plate, Add On, Topping, Multiple Menu Usages.

# Prep & Cooking Suggestions

Keep Refrigerated until ready to use. Product is fully cooked and pasteurized. Great ingredient for Crab Cakes, Appetizers, Center of the Plate, Add On, Topping, Multiple Menu Usages.

#### **Product Specifications**

| _            | rarra           | ividitatacca.c. |                   |        |            |
|--------------|-----------------|-----------------|-------------------|--------|------------|
| Ocea         | in Legacy       |                 | Direct Source Sea | food L | LC         |
| UPC          | MFG #           | SPC #           | GTIN              | Pack   | Pack Desc. |
| 618864616062 | CMOLB08812X16LK | 102625          | 10618864616069    |        | 12/1 LB    |
|              |                 |                 |                   |        |            |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 17lb         | 12lb       | Sri Lanka         | No     |                 |

| Shipping Information |        |        |        |       |            |                      |
|----------------------|--------|--------|--------|-------|------------|----------------------|
| Length               | Width  | Height | Volume | TIxHI | Shelf Life | Storage Temp From/To |
| 16.1in               | 12.2in | 3.5in  | 0.4ft3 | 8x18  | 351days    | 35°F / 37°F          |





## **Ocean Legacy**

# 102625 - Blue Swimming Crabmeat Lump



Lump Crabmeat, Pasteurized, 1 lb. can, Ready to Eat, Great ingredient for Crab Cakes, Appetizers, Center of the Plate, Add On, Topping, Multiple Menu Usages.

# Nutrition Analysis - By Measure

| Calories            | 100 | Total Fat           | 1g   | Sodium         | 330mg |
|---------------------|-----|---------------------|------|----------------|-------|
| Protein             | 20  | Trans Fats          | 0g   | Calcium        | 130mg |
| Total Carbohydrates | 0g  | Saturated Fat       | 0g   | Iron           | 1mg   |
| Sugars              | 0g  | Added Sugars        | 0g   | Potassium      | 300mg |
| Dietary Fiber       | 0g  | Polyunsaturated Fat |      | Zinc           |       |
| Lactose             |     | Monounsaturated Fat |      | Phosphorus     |       |
| Sucrose             |     | Cholesterol         | 95mg |                |       |
| Vitamin A(IU)•      |     | Vitamin D           | 0mcg | Thiamin        |       |
| Vitamin A(RE)       |     | Vitamin E           |      | Niacin         |       |
| Vitamin C           |     | Folate              |      | Riboflavin     |       |
| Magnesium           |     | Vitamin B-6         |      | Vitamin B-1 2• |       |
| Monosodium          |     | Sulphites           |      | Nitrates       |       |

| 0 | Additional Images |  |  |
|---|-------------------|--|--|
|   |                   |  |  |
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