



GREAT AMERICAN

# 488699 - Crawfish Whole Cooked U 15 Cnt

Our Crawfish are fully cooked then individually quick frozen for shipping. Comes seasoned and unseasoned for your preference. Simply heat and serve!



## Nutrition Facts

Servings per Container  
Serving size 22wholecrawfish (567g)

Amount per serving  
**Calories 590**

	% Daily Value*
<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 760mg	<b>253%</b>
<b>Sodium</b> 4360mg	<b>190%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 90g	
Vitamin D 0mcg	<b>0%</b>
Calcium 947mg	<b>73%</b>
Iron 58mg	<b>322%</b>
Potassium 1148mg	<b>24%</b>

\* 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.

### \* Benefits

Cooked  
Individually Quick Frozen  
Whole

### Ingredients

Ingredients: Crawfish. Salt, Chinese Red Pepper.

### ⚠ Allergens

**Contains:**



### Handling Suggestions

KEEP FROZEN STORE AT OR BELOW OF (-18C)

### Serving Suggestions

Try in your favorite Crawfish Boil recipe

### Prep & Cooking Suggestions

Rinse under cold running water and prepare in your favorite recipe.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
GREAT AMERICAN	GREAT AMERICAN SEAFOOD	Shellfish, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
12627	488699	00829944126276	2	2/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	10lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17in	11in	5in	0.54INQ	1x3	720DAYS	0°F / 32°F



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#### Nutrition Analysis - By Serving

Calories	590	Total Fat	24g	Sodium	4360mg
Protein	90	Trans Fats	0g	Calcium	947mg
Total Carbohydrates...	5g	Saturated Fat	8g	Iron	58mg
Sugars	0g	Added Sugars	0g	Potassium	1148mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	760mg		
Vitamin A(U)		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	

#### Additional Images

