



BON SECOUR

489423 - Crab Lump Meat Frozen (Usa) Jit



Nutrition Facts

Servings per Container 1
Serving size (16oz)

Amount per serving
Calories 395

	% Daily Value*
Total Fat 4.9g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 354mg	118%
Sodium 1329mg	58%
Total Carbohydrate 0.18g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 81.92g	
Vitamin D	%
Calcium 404mg	31%
Iron 3.36mg	19%
Potassium 1492mg	32%

* 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

Ingredients	Allergens
blue crab	

Handling Suggestions

Product Specifications

Serving Suggestions

Prep & Cooking Suggestions

Brand	Manufacturer	Product Category
BON SECOUR	BON SECOUR FISHERIES, INC	Crab, Value Added, Other

MFG #	SPC #	GTIN	Pack	Pack Desc.
30880	489423	00080564308804		1/1#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
2lb	1lb			

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12in	8in	6in	0.33cf	5x5	365days	0 / 32



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Nutrition Analysis

Calories	395	Total Fat	4.9g	Sodium	1329mg
Protein	81.92	Trans Fats	0g	Calcium	404mg
Total Carbohydrates...	0.18g	Saturated Fat	1g	Iron	3.36mg
Sugars	0g	Added Sugars	0g	Potassium	1492mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	354mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

