



CRAB HOUSE GLUTEN FREE CRAB CAKE

3 OZ. / 12 CT.



Sweet meaty delicious crab cakes

Crab House by Handy brings great taste to gluten-free crab cakes. Our hand-formed sweet meaty cakes feature fresh crab meat and our signature blend of spices. You'd never guess they're gluten-free! Certified by Gluten Free Certification Organization (GFCO).

	Item #	UPC #	Net Weight	Gross Weight	Pack Size	Dimensions (W x H x D)
Carton	3851000	073994385101	2.25 LBS.	2.9 LBS.	12 CAKES	5.9 x 2.4 x 9
Case	3851000	10073994385108	4.5 LBS.	5.8 LBS.	2 CARTONS	10 x 3 x 12.5

DOT Item code 666901 Tie and High 15 x 20 Pallet Count 300 Case Cube 0.22 Country of Origin Thailand

INGREDIENTS:

CRAB MEAT, FISH PROTEIN (WATER, SURIMI [PROCESSED WHITE FISH MEAT {THREADFIN BREAM}, SUGAR, EGGS, DISODIUM DIPHOSPHATE, PENTASODIUM TRIPHOSPHATE, SODIUM POLYPHOSPHATE (TO PROMOTE THE RETENTION OF MOISTURE)], TAPIOCA STARCH, SUGAR, SOY PROTEIN, PALM OIL, SALT, CRAB EXTRACT, CRAB FLAVOR, CALCIUM CARBONATE [STABILIZER]), MAYONNAISE (SOYBEAN OIL, EGG AND EGG YOLK, WATER, SUGAR, VINEGAR, SALT, MUSTARD POWDER, ACETIC ACID, XANTHAN GUM), GLUTEN FREE BREAD CRUMBS (RICE FLOUR, WATER, EGG, TAPIOCA STARCH, POTATO STARCH, SUGAR, REFINED SOYBEAN OIL, SALT, YEAST, GUAR GUM), EGGS AND EGG WHITE, LEMON JUICE, SCALLIONS, RED PEPPERS, YELLOW MUSTARD (DISTILLED VINEGAR, WATER, NO. 1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVORS, GARLIC POWDER), WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, SUGAR, SPICES, ANCHOVIES, NATURAL FLAVOR [CONTAINS SOY], TAMARIND), SEASONING (CELERY SALT [SALT, CELERY SEED], SPICES [INCLUDING RED PEPPER AND BLACK PEPPER], PAPRIKA), CORN STARCH. CONTAINS: CRUSTACEAN (FROM CRAB, CRAB EXTRACT & FLAVOR), FISH (THREADFIN BREAM & ANCHOVIES), SOY, EGGS.

Nutrition Facts	
12 servings per container	
Serving size	1 crab cake (85g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 460mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 8g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 0.38mg	2%
Potassium 62mg	0%
*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.	

Cooking Instructions

BAKE

Preheat oven. Spray or coat pan with oil. Place pan on rack in middle of oven. Turn cakes over once during cooking. For convection ovens, reduce cooking time by approximately 1/3.

- 400°F for 10-12 minutes from thawed
- 350°F for 20-22 minutes from frozen

SAUTÉ

Cook in 2 tbsp. of oil on medium heat. Turn cakes over once during cooking.

- 4-5 minutes from thawed
- Cooking from frozen not recommended

BROIL

Spray or coat pan with oil. Place pan on rack in middle of oven. Turn cakes over once during cooking..

- 7-8 minutes from thawed
- 10-11 minutes from frozen.

If thawing cakes, thaw under refrigeration or in microwave for 45 seconds on high.