

Crab Cakes & Slaw

Nutrition Facts

Serving Size: 1 (340g)

Servings Per Container: 1

Amount Per Serving

Calories 280 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 4g **20%**

Trans Fat 1g

Cholesterol 235mg **78%**

Sodium 1150mg **48%**

Total Carbohydrate 10g **3%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 38g

Vitamin A 35% • Vitamin C 120%

Calcium 25% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CRAB MEAT, SCALLIONS, CABBAGE, RED PEPPERS, EGG, SHALLOTS, LEMON JUICE, SOY SAUCE, GHEE CLARIFIED BUTTER, SAMBAL OELEK, PARSLEY, KOSHER SALT, GARLIC, LEMON ZEST, GINGER, BLACK PEPPER

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