



## HUNGRY PLANET CRAB™ CRAB CAKES (4oz)

Hungry Planet Crab™ Cakes are made with chef-crafted plant-based crab that matches the delectable taste and texture of conventional crab. Chef-crafted to be delicious and healthful, our Hungry Planet Crab™ Cakes are sure to delight seafood lovers and vegans alike. Packed with protein and fiber, with fewer calories and less fat (no saturated) than conventional and competitor meats, they're a healthful way to be kinder to our planet.

- *Packed with protein and fiber.*
- *Lower in fat. No saturated fat. Fewer calories.*
- *Ocean-friendly.*

### HANDLING & COOKING INSTRUCTIONS

Keep frozen. Cook from frozen. Preheat lightly oiled non-stick skillet over med-low heat. Add frozen cakes. Cover and cook 4-6 mins per side until golden brown (165° internal temp). To deep fry, preheat oil to 350°. Place frozen cakes in fryer and deep fry for 4-5 mins until golden brown (165° internal temp).

### INGREDIENTS

Water, Soy Protein Concentrate, Breadcrumbs (Wheat Flour, Sugar, Salt, Yeast, Sunflower Oil), Textured Wheat Protein, Diced Red Pepper, High Oleic Sunflower Oil, Natural Flavor and Spices (Includes Garlic), Modified Vegetable Gum, Dextrose, Lemon Oil.

### ALLERGENS

Contains: Wheat, Soy.



### SPECIFICATIONS

Type:	Raw, Frozen, Vegan
Item Number:	40143
UPC Code:	00886844401438
Manufacturing Location:	USA
Net Wt:	8oz per package (2 x 4.0 oz cakes)
Case Dimensions:	11.5"L x 8.75"W x 6"H
Cases Per Pallet:	153
Transport/Storage Temp:	-10°F to 0°F
Frozen Shelf Life:	18 months
*Case is marked with a use by date. MMDDYYYY*	

### NUTRITION FACTS

Serving Size	4oz (113g)
Servings per Container	2
Calories	180
Total Fat	5g
Saturated Fat	0.5g
Trans Fat	0g
Cholesterol	0mg
Sodium	380mg
Total Carb.	17g
Total Dietary Fiber	4g
Sugars	1g
Protein	17g
Vit D	0%DV
Calcium	80mg 6%DV
Iron	2.5mg 15%DV
Potassium	410mg 8%DV

### FOR MORE INFORMATION

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### DOT CODE