



## HUNGRY PLANET CRAB™ CAKES (4 oz)

Hungry Planet Crab™ Cakes are made with premium plant-based meat 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 trans fat) than conventional and competitor meats, they're a healthful way to be kinder to our planet.

- *Packed with protein and fiber.*
- *No antibiotics. No cholesterol.*
- *Lower in fat. No trans fat. Fewer calories.*

### HANDLING & COOKING INSTRUCTIONS

Keep frozen. Cook from frozen. Preheat lightly oiled non-stick skillet over med-low heat. Add frozen cakes. Cover and cook. Cook 4 mins per side until 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, Bread Crumbs (Wheat Flour, Sugar, Salt, Yeast, Sunflower Oil), Textured Wheat Protein, Diced Red Pepper, High Oleic Sunflower Oil, Natural Flavor, Spices, Modified Vegetable Gum, Dextrose, Lemon Oil.

### ALLERGENS

Contains: Soy, Wheat



### SPECIFICATIONS

Type:	Raw, Frozen, Vegan
Item Number:	40142
UPC Code:	10886844401428
Manufacturing Location:	USA
Net Wt:	16oz per package (4 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
Refrigerated Shelf Life:	7-10 days
*Case is marked with a use by date. MMDDYYYY*	

### NUTRITION FACTS

Serving Size	4oz (113g)
Servings per Container	4
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

info@hungryplanet.us +1.(800).822.3100  
hungryplanet.us @ /hungryplanetfoods

### DOT CODE

719755

010522