

Maryland Style Crab Cakes



Nutrition Facts

Serving Size: 1 crab cake + 1 oz sauce (113g/4 oz)

Servings per Container: 2

Amount per Serving

Calories 240 Calories from Fat 120

		% Daily Value*
Total Fat	13g	20%
Saturated Fat	1.5g	8%
<i>Trans</i> Fat	0g	
Cholesterol	55mg	18%
Sodium	830mg	35%
Total Carbohydrate	19g	6%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	11g	

Vitamin A 50% • Vitamin C 15% • Calcium 8% • Iron 8%

*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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4