



Comeau's Crab Cakes are prepared in our modern facilities in Southwest Nova Scotia. We use quality ingredients including Atlantic Canadian crab. Comeau's Crab Cakes are ideal as appetizers or served with a salad on a lunch menu. They can also easily be formed into bite sized hors d'œuvre.



Crab Cakes

Nutrition Facts		Valeur nutritive	
Per two crab cakes (112 g) pour deux fricadelles de crabe (112 g)			
Calories 220		% Daily Value*	% valeur quotidienne*
Fat / Lipides 11 g		15 %	
Saturated / saturés 3.5 g		7 %	
+ Trans / trans 0.2 g		0 %	
Carbohydrate / Glucides 12 g			
Fibre / Fibres 1 g		4 %	
Sugars / Sucres 0 g		0 %	
Protein / Protéines 19 g			
Cholesterol / Cholestérol 60 mg			
Sodium 580 mg		25 %	
Potassium 225 mg		5 %	
Calcium 200 mg		15 %	
Iron / Fer 1.75 mg		10 %	
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup			

Preparation & Handling

• Cook from Frozen
Frying Pan/Grill: Preheat pan or grill with small amount of butter or cooking oil on medium heat (too much oil or heat will cause a shell to form on the crab cake, burning the outside and leaving the inside uncooked). Cook 5 min per side
Commercial Combi-Oven: Set at 400°F convection mode Medium Fan, 0 % humidity. Cook for 16-18 minutes turning once halfway through.

Menu Serving Ideas

- Serve as
- Bite sized as an hors d'oeuvre with a zesty aioli
 - As an appetizer or a main course with a salsa, chutney or aioli
 - Ideal form stuffing mushroom caps or fish fillets

Product Details

Product Code	CFD2079
Size	2 oz
Case Size	2.27 kg
Purchasing Unit	5 lbs
UPC	0-62763-02079-4
SCC	100-62763-02079-1

Ingredients

INGREDIENTS: Rock crab meat (crab, salt), Bread crumbs (toasted wheat crumbs, wheat flour, baking powder), Monterey Jack Cheese, Swiss cheese, Mayonnaise (canola oil, water, liquid whole egg, vinegar, liquid yolk, salt, sugar, spices, concentrated lemon juice, calcium disodium EDTA), Mustard (water, mustard seed, vinegar, apple cider vinegar, salt, potassium metabisulfite), Soy protein isolate, Canola oil, Concentrated lemon juice (water, concentrated lemon juice, lemon oil), Garlic powder, Seasoning (salt, spices), Parsley, Black pepper.

Contains: crustaceans, egg, milk, mustard, soy, sulphites, wheat.