



MIND BLOWN™ CRAB CAKES

***11g of Protein *Soy Free**
***Oil Free**
***Plant Based/Vegan**

Nutrition Facts	
2 servings per container	
Serving size	3 oz (84g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 595 mg	26%
Total Carbohydrate 15 g	5%
Dietary Fiber 1 g	4%
Total Sugars 1 g	
Includes 0 g Added Sugars	0%
Protein 11 g	
Vitamin D 0 mcg	0%
Calcium 16 mg	0%
Iron 1 mg	6%
Potassium 155 mg	3%
<small>The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS:

Hydrated Wheat Protein (water, wheat protein), Natural and Artificial Vegan Crab Flavor, Wheat Flour, Modified Food Starch, Contains 2% or less of the following: maltodextrin, celery, pea protein, onions, sodium citrate, onion powder, salt, dextrose, spice extracts, spices (including mustard and paprika), garlic powder, yeast, sugar, xanthan gum, sea kelp.

COOKING INSTRUCTIONS:



STOVETOP:

***If thawed, cook and consume within 7 days under refrigeration.**

1. Pre-heat skillet with a layer of oil to medium heat.
2. Cook 3-5 minutes on each side for thawed Cakes (preferred method) or 5-6 minutes on each side for frozen (or until golden brown).



AIR FRYER:

1. Spray air fryer basket with high heat oil and add Crab Cakes. Spray more oil on top of Crab Cakes.
2. Cook at 370 degrees F for 6 minutes for thawed Cakes or 10-12 minutes from frozen (or until golden brown).