

TEMPURA SOFT SHELL CRABS

Jumbo 9 CT.



Lightly battered tempura soft shell crabs that are **entirely edible**

Handy soft shell crabs are harvested at their softest, most delectable stage immediately after shedding their hard outer shells. These succulent, tender crabs are then fully cleaned and dipped in tempura batter. Fast, easy preparation makes serving soft shell crabs a delicious meal for any occasion. Remember the entire crab is edible!!!

	Item #	UPC #	Net Weight	Gross Weight	Pack Size	Dimensions (W x H x D)
Carton	2302020	073994007010	1.5 LBS.	2.2 LBS.	9 CRABS	7.48 x 4.33 x 9.84
Case	2302020	1 0073994 00701 7	6 LBS.	9.65 LBS.	4 CARTONS	11 x 8.8 x 15.6

DOT Item code 601382 Tie and High 10 x 7 Pallet Count 70 Case Cube 0.84 Country of Origin Thailand

INGREDIENTS:

SOFT SHELL CRABS, BATTER (WATER, UNBLEACHED WHEAT FLOUR, WHEAT STARCH, RICE FLOUR, MAIZE FLOUR, RAISING AGENT [SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE], SALT FOOD GUM) PRE-DUST (MODIFIED TAPIOCA STARCH, TAPIOCA STARCH, SALT) PAR-FRIED IN SOYBEAN OIL. CONTAINS: CRUSTACEAN SHELLFISH (CRAB), WHEAT AND SOY

Cooking Instructions

BAKE

PREHEAT OVEN TO 350F. SPRAY OR COAT PAN WITH OIL. PLACE PAN ON RACK IN MIDDLE OF OVEN. TURN CRABS OVER ONCE DURING COOKING. COOKING FROM THAWED NOT RECOMMENDED.

Nutrition Facts	
9 servings per container	
Serving size	1 Crab (77g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 370mg	16%
Total Carbohydrate 12g	4%
Dietary Fiber <1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vit. D 0mcg 0%	Calcium 75mg 6%
Iron 0.22mg 0%	Potas. 109mg 2%
*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.	

- 14-15 MINUTES FROM FROZEN.

SAUTE

COOK IN 2TBSP OF OIL ON MEDIUM LOW HEAT. TURN CRABS OVER ONCE DURING COOKING.

- 7-8 MINUTES FROM THAWED
- 8-10 MINUTES FROM FROZEN.

DEEP-FRY

HEAT OIL TO 350F AND PLACE BELLY SIDE DOWN. TURN CRABS OVER ONCE DURING COOKING.

- 3-4 MINUTES FROM THAWED
- 7-8 MINUTES FROM FROZEN