

Crab-Free
Crab Cakes!



Vegadelphia Foods

Vegadelphia Foods

GREAT TASTING FOOD that just happens to be Vegetarian !

Vegan Crab-Free Crab Cake

Ingredients:

Water, Noyonnaise (soymilk (water, organic whole soybeans), soybean and or sunflower oil, cane juice (dried), vinegar, salt, mustard (vinegar, water, mustard seed, salt, turmeric, paprika, spice, garlic, powder), apple cider vinegar, lemon juice concentrate, guar gum, xanthan gum, sodium alginate, distilled), Wheat Protein (wheat gluten, wheat flour, phosphate, antioxidant). Bread Crumbs (bleached wheat flour, yeast, sugar, salt), Ketchup (water, tomato concentrate, corn syrup, high fructose corn syrup, distilled vinegar, salt, onion powder and natural flavorings), Relish (cucumber, high fructose corn syrup, distilled vinegar, water, salt, mustard seed, red bell peppers, xanthan gum, sodium benzoate, natural flavors, turmeric). Celery, Red Peppers, Spices, Green Peppers, Onions.

CONTAINS: Wheat, Soy.

Cooking Instructions:

In the Skillet: Place small amount of oil in a skillet on MED LOW heat. Brown thawed crab-free crab cake on both sides.

In the Oven: Pre-heat oven to 425 degrees. Bake thawed crab-free crab cake in oven for 10-15 min until cooked thru.

In the Microwave: Microwave on high for 1 min or until hot

Nutrition Facts		
Serving Size 1 cake (85g)		
Servings per Container		
Amount per serving		
Calories	103	Calories from fat 31
% Daily Value*		
Total Fat	4 g	6%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0 mg	0%
Sodium	820 mg	36%
Total Carbohydrate	11 g	3.75%
Dietary Fiber	<1 g	5%
Sugars	2.15 g	
Protein	9 g	
■ Vitamin A	2%	■ Vitamin C 4%
■ Calcium	2%	■ Iron 8%
*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

PALLET CONFIGURATION

Box Pack: 32 x 3 oz portions

5 cases per layer x 6 layers high

6 lbs per box

30 cases / pallet:

6/6 lb boxes per master case

Pallet Weight: 1080 lbs

It's not hard to see where great taste is going...we just got there a little bit early!

The Original Crab-Free Crab Cake

831 South 4th Street, Philadelphia, PA 19147 • P (215) 334-8700 • F (215) 339-4056
info@vegadelphiafoods.com • http://vegadelphiafoods.com