

# Frozen Crab Meat

Wild Caught • Pasteurized • Steam Cooked



# Jack's Catch® Frozen Swimming Crab Meat



## Features:

- 24 month shelf-life.      Hand-picked and Inspected
- Pasteurized      Processed in HACCP Certified Plants
- Year Round Availability      Steam Cooked      Wild Caught
- Available in Retail (1Lb) and Industrial (4Lb) packs      Cost Effective and Versatile

## Harvested From:

Southeast Asia

## Available Packs:

This product is available in Frozen form only.

Pack	Case	Dimensions
1 Lb. Vac Frozen	8 x 1 Lb.	10 x 8 x 8.5 in.
4 Lb. Vac Frozen	6 x 4 Lb.	14 x 8.5 x 8.3 in.

## Nutritional Info:

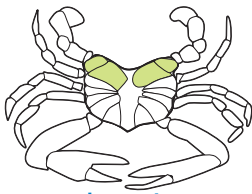
Serv. Size 4 Oz. (113g), Servings: About 4, Amount Per Serving:  
 Calories 80, Fat Cal. 5, Total Fat 1g (2% DV), Sat. Fat 0g (0% DV),  
 Trans Fat 0g, Cholest. 115mg (38% DV), Sodium 270mg (11% DV),  
 Total Carb. 0g (0% DV), Fiber 0g (0% DV), Sugars 0g, Protein 19g,  
 Vitamin A (0% DV), Vitamin C (0% DV), Calcium (15% DV), Iron (2% DV).  
 Percent Daily Values (DV) are based on a 2,000 calories diet.

## Thawing Instructions:

**Recommended Method:** Thaw the crab meat in package overnight under refrigeration (about 8 hours).

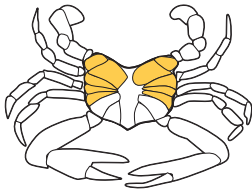
**Quick Method:** Thaw the crab meat in package under cold lightly running water until thawed (about 30-45 minutes). Do not submerge the vacpac underwater a bath of water.

**Note:** A temporary odor may be detected after opening the vacpacs. Let dissipate. It should only last a few minutes. It is natural for vacuum packed meat of all kinds (beef, chicken, and seafood) to release a slight odor when first opened.



### Jumbo Lump

Largest whole muscle pieces.  
White meat.



### Lump

Medium & small broken pieces. White