



# Rock Crab

*Cancer irroratus*

[captaindansseafood.com](http://captaindansseafood.com)



# Rock Crab



Wild Rock Crabs have a tanned coloured flesh with a sweet, delicate flavour perfect in crab cakes, sushi and salads. And like all Captain Dan's products, all-natural, no preservatives, Full-Flavour in a convenient range of sizes.



## Nutrition Facts

Serving Size 100 g  
Servings Per Container

### Amount Per Serving

Calories 70      Calories from Fat 5

% Daily Value\*

**Total Fat** 1g      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 90mg      **30%**

**Sodium** 550mg      **23%**

**Total Carbohydrate** 0g      **0%**

Dietary Fiber 0g      **0%**

Sugar 0g

**Protein** 15g

Vitamin A 0%      Vitamin C 4%

Calcium 10%      Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Captain Dan's Seafood

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## Rock Crab Meat

Mastered in 24 lbs and  
30 lbs Packaging

24 lbs (6 X {2x2})	30 lbs (6 x 5 lbs)
Leg Meat	Combo Meat (20/80)
	Salad Meat

