



Snow Crab

Chionoecetes opilio

captaindansseafood.com

Snow Crab



Sweet, succulent, firm, and white as snow – wild-caught, 100% natural. Captain Dan's Snow Crab clusters and legs are a favourite of seafood lovers around the world. Quality – it's what we catch, it's what we sell.



Nutrition Facts

Serving Size 100 g
Servings Per Container

Amount Per Serving		
Calories	90	Calories from Fat 10
		% Daily Value*
Total Fat	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	60mg	20%
Sodium	530mg	22%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugar	0g	
Protein	19g	
Vitamin A	2%	Vitamin C 8%
Calcium	4%	Iron 15%
*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
463 Champlain St.
Dieppe, New Brunswick
CANADA E1A 1P2

T 506.872.7621
F 506.382.0936
captdans@nbnet.nb.ca



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Snow Crab

Mastered in 30 lbs and
24 lbs Packaging

30 lbs
Sections 4+ oz
Sections 5-8 oz
Sections 8-10 oz
Sections 10+ oz
Sections 12+ oz
30 lbs (6 x 5 lbs)
Combo Meat (30/70)
Salad Meat

24 lbs (12 x 2 lbs)
Small Cocktail Claws
Medium Cocktail Claws
Large Cocktail Claws
X-Large Cocktail Claws
Jumbo Cocktail Claws

