



### A seafood delicacy!

Soft shell crabs are blue crabs (*Callinectes sapidus*) that have shed their hard outer shell. More than 100 years ago, the watermen of historic Crisfield, Maryland introduced these crabs to the seafood industry. Handy Seafood, the nation's oldest and largest soft shell crab processor, offers this unique delicacy fresh April through October and frozen year round.

	Item #	UPC #	Net Weight	Gross Weight	Pack Size	Dimensions (W x H x D)
Carton	1201041		0		48 CRABS	11.75 x 4.75 x 11.75
Case	1201041	1 0073994 0033 3		6.75	1	11.75 x 4.75 x 11.75

DOT Item code 601364 Tie and High 12 x 12 Pallet Count 144 Case Cube 0.38 Country of Origin U.S.A.

### INGREDIENTS:

SOFT SHELL CRABS (CALLINECTES SPP)

### Nutrition Facts

Serving Size 2 Crabs Uncooked (112g)  
Servings Per Container 24

**Amount Per Serving**

**Calories** 60      Calories from Fat 20

**% Daily Value\***

**Total Fat** 2g      **3%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 100mg      **33%**

**Sodium** 410mg      **17%**

**Total Carbohydrate** less than 1g      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein** 11g

Vitamin A 6%      • Vitamin C 0%

Calcium 30%      • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.