



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	1201011		0			
Case	1201011	10073994003309		5.15	18 crabs	11.7 x 5.3 x 12.1

DOT Item code 601367 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 1 Crab Uncooked (128g)
Servings Per Container 18

Amount Per Serving

Calories 70 Calories from Fat 20

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 470mg **20%**

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

Dietary Fiber 0g **0%**

Sugars 0g

Protein 12g

Vitamin A 6% • Vitamin C 2%

Calcium 30% • Iron 8%

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