VEGAN

EST. 2004

VEGADELPHIA FOODS®

☆ CRAB-FREE ☆

CRAB CAKES

CHOLESTEROL FREE • 0g TRANS FAT • NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

You Won't Believe it's Crab-Free!®

VEGADELPHIA FOODS

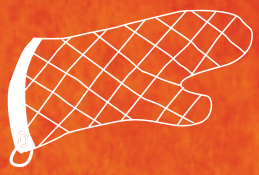
Our Crab-Free Crab Cakes

are perfect for consumers who are looking for new great tasting plant-based options. Whether you're vegan, vegetarian, allergic to shellfish, or simply health conscious, our Crab-Free Crab Cakes are truly unique and incredibly delicious. It may look and cook like a "real" crab cake, but it's the authentic texture and genuine flavor that is most impressive.

COOKING INSTRUCTIONS

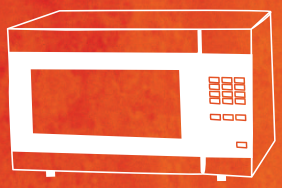
In the Skillet

Place small amount of oil in skillet on medium heat. Brown Crab-Free Crab Cake on both sides until heated thru.



In the Oven

Pre-heat oven to 400 degrees. Bake Crab-Free Crab Cake in oven for 10-15 minutes or until heated thru.



In the Microwave

Microwave on high for 1 minute or until heated thru.

Deep Fry

Deep fry for 2-3 minutes or until heated thru.

Nutrition Facts

Serving Size 1 cake (85g/3oz)

Amount Per Serving	
Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 460mg	**19%**
Total Carbohydrate 16g	**5%**
Dietary Fiber less than 1g	**3%**
Sugars 1g	
Protein 10g	
Vitamin A 6% •	Vitamin C 6%
Calcium 4% •	Iron 6%

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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Water, wheat flour, soymilk, wheat gluten, wheat starch, diced red and green peppers, diced celery, spices, salt, diced onions, sugar, expeller pressed soybean oil, tomato paste, vinegar, natural flavor, xanthan gum, guar gum, potato starch, yeast, sodium alginate, lemon juice concentrate, garlic powder, tetrapotassium pyrophosphate, tocopherols, onion powder, vitamin B12.

Contains: Wheat, Soy

60/3 oz. portions per case = 11.25 lbs. per case

VISIT US ONLINE vegadelphiafoods.com

WHERE GREAT TASTE IS PLANT BASED®