

Gumbo Crabs

Callinectes spp.

Description	Product Code:	GTIN/UPC	Pack Size:	COO:	MOP:
Blue Gumbo Crab Jumbo 1-3ct	002508B	10636880004417	1x20 lb.	Mexico	Wild Caught
Blue Gumbo Crab Large 3-5ct	002508D	10636880004424	1x20 lb.	Mexico	Wild Caught
Blue Gumbo Crab Medium 5-7ct	002508E	10636880002901	1x20 lb.	Mexico	Wild Caught
Retail Tray Pack 5-7 ct	002508S	10636880003700 / 636880003703	20x1 lb.	Mexico	Wild Caught

Harvest Method:	Crab rings
Ti x Hi	5x14
Fresh or Frozen:	Frozen
Shelf Life:	730 Days
Sustainability Rating:	Best Choice

Key Notes:

- Blue outer shell, white meat
- Sweet tender meat

Cooking Tips:

In a stockpot, heat 2 tablespoons of neutral oil and add garlic, onion, and celery. Cook over moderate heat until soft. Add roux and cook until bubbling. Stir in seafood stock with tomatoes and bring to a boil. Reduce heat to medium low and let simmer for 1.5 hours. In a heated skillet with oil add green peppers, okra, chile powder, paprika, filé, oregano, thyme, cayenne, and white pepper. Season with salt and cook over moderately low heat stirring until fragrant. Stir in a ladleful of stock and transfer gumbo into the pot. Add shrimp and crab

Retail Nutrition Facts

Nutrition Facts	
3 servings per container	
Serving size	3 oz picked meat (85g)
Amount Per Serving	
Calories	90
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.6g	
Monounsaturated Fat 0.2g	
Cholesterol 85mg	28%
Sodium 240mg	10%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 17g	
Vitamin D 0mcg	0%
Calcium 117mg	8%
Iron 1mg	6%
Potassium 275mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Bulk Packing



Retail Packing

