

## Ingredients

**CAKES:** Maine Jonah Crab meat, Whiting (Silver Hake), fresh celery, fresh onions, fresh parsley, fresh lemon juice, fresh whole eggs, fresh white bread and bread crumbs [enriched wheat flour (flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), water, yeast, high fructose corn syrup, partially hydrogenated soybean oil, salt, leavening (monocalcium phosphate, partially hydrogenated cottonseed oil, food starch modified, yellow corn flour, calcium sulfate, acetic acid, lactic acid, potassium bromate, L-cysteine hydrochloride, ascorbic acid)]

**SAUCE:** Fresh tomatoes, vegetable stock (water, fresh onion, celery, carrots, leeks, garlic, spices), fresh garlic, fresh onion, fresh parsley, olive oil, salt, spices, citric acid, calcium chloride

### *The Secret's Out!*

*It all started on a steamy July afternoon. Maggie watched as a boatload of whiting was hauled onto the Portland Fish Pier. "Sweetest taste in the sea," said the fishing captain. "Shame no one knows it."*

*Maggie called Greg. Greg called Brant. Three months and 7 recipes later, our Maine Crab & Fish Cakes were born.*

*Just heat Maine Crab & Fish Cakes as an appetizer or entree, open a bag of greens and uncork a bottle of vino. Voila! Dinner is served. Delicious, all natural and thanks to Mother Nature, tons of vitamin B12 and other good nutrients your body needs.*

*3 Friends hopes you and yours love our Maine Crab & Fish Cakes. Let us know what you think.*

*Cheers!*

## Nutrition Facts

Serving Size 1 cake with sauce (135 g)  
Servings Per Container 2

### Amount Per Serving

**Calories** 130      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3.5g      **5%**

Saturated Fat 0.5g      **3%**

Polyunsaturated 1g

Monounsaturated 1g

**Cholesterol** 85mg      **28%**

**Sodium** 790mg      **33%**

**Potassium** 370mg      **10%**

**Total Carbohydrate** 9g      **3%**

Dietary Fiber 1g      **4%**

Sugars 2g

**Protein** 16g

Vitamin A 8%      •      Vitamin C 15%

Calcium 6%      •      Iron 6%

Vitamin E 6%      •      Thiamin 8%

Riboflavin 10%      •      Niacin 15%

Vitamin B6 10%      •      Folate 10%

Vitamin B12 90% • Pantothenic Acid 4%

Phosphorus 15%      •      Iodine 4%

Magnesium 10%      •      Zinc 20%

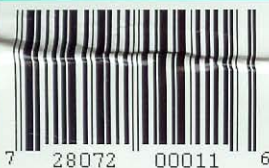
Copper 20%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Manufactured by 3 Friends, Inc.  
103 Alba Street, Portland, ME 04103

Package Design and Illustration by Donna Stackhouse



With  
Roasted Tomato  
Sauce

MAINE

KEEP FROZEN

3 Friends Inc.

Crab & Fish Cakes

NET WT. 11.4 oz (323g)