

# Nutrition Facts

80 servings per container	
Serving size	85 grams (85g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 12g	18.46%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 3g	
Cholesterol 20mg	6.69%
Sodium 710mg	30%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Soluble Fiber 0	
Insoluble Fiber 0g	
Total Sugars 2g	
Includes g Added Sugars	0%
Protein 6g	

Vitamin D 0mcg 0%	Calcium 110.5mg 10%
Iron 0.52mg 2%	Potassium 0mg 0%

\* 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.

## 057921 KING & PRINCE GOURMET LOBSTER & SEAFOOD CAKE



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KEEP FROZEN UNTIL READY TO USE. DO NOT REFREEZE.  
CONVECTION OVEN FROM FROZEN: PREHEAT TO 425°F. BAKE FOR 15-16 MIN.  
CONVECTION OVEN FROM THAWED: PREHEAT TO 375°F. BAKE FOR 12-14 MIN.  
CONVENTIONAL OVEN: PREHEAT TO 425°F. BAKE FOR 19-21 MIN.  
MICROWAVE FROM FROZEN: HEAT ON HIGH POWER FOR 2-2.5 MIN.  
FLAT TOP GRILL: GRILL AT 350°F FOR 8 MIN ON ONE SIDE, FLIP AND COOK AN ADDITIONAL 3-6 MIN.  
NOTE: DUE TO DIFFERENCES IN INDIVIDUAL OVENS, COOKING TIMES MAY VARY. COOK TO INTERNAL TEMPERATURE OF 165°F

NOT LABELED FOR RESALE

## Ingredients

Lobster, Fish Protein (Alaska Pollock And/Or Pacific Whiting), Mayonnaise (Soybean Oil, Corn Syrup, Water, Egg, Vinegar, Salt, Spice, Lemon Juice Concentrate), Water, Bleached Wheat Flour, Wheat Starch, Contains Less Than 2% of the Following: Natural And Artificial Flavors, Sugar, Modified Corn Starch, Salt, Sorbitol, Egg White, Mlrln (Rice Extract, Alcohol, Salt, Dextrose, Corn Syrup Solids), Worcestershire Sauce (Vinegar, Molasses, Corn Syrup, Water, Salt, Caramel Color, Sugar, Spices, Anchovies, Natural Flavor, Tamarind), Potato Starch, Potassium Chloride, Calcium Carbonate, Corn Starch, Crystallized Lemon (Citric Acid, Malic Acid, Lactic Acid, Tartaric Acid, Lemon Oil, Lemon Juice, Ascorbic Acid, Sodium Citrate, Pectin), Modified Cellulose/Locust Bean/Xanthan/Guar Gum, Carrageenan, Hydrolyzed Corn/Soy/Wheat/Whey Protein, Autolyzed Yeast Extract, Dextrose, Parsley, Dill, Disodium Inosinate, Disodium Guanylate, Sodium Tripolyphosphate And/Or Tetrasodium Pyrophosphate, Yeast, Color Added, Carmine. Contains: Lobster, Alaska Pollock, Pacific Whiting, Wheat, Egg, Milk, Soy, Crab, Fish, Shrimp, Anchovies

## Product Specifications

GTIN	10070017579315	Case Gross Weight	18 LB
UPC		Case Net Weight	15 LB
Pack Size	6 / 2.5LB	Case L.W.H	14.88 IN, 10.56 IN, 10.13 IN
Shelf Life	365 Days	Cube	0.92 CF
Tie x High	11 x 4		

## Preparation and Cooking

Cooking Instructions: Keep frozen until ready to use. Do not refreeze. Convection Oven From Frozen: Preheat to 425°F. Place on greased baking sheet and bake for 15-16 minutes. Convection Oven From Thawed: Preheat to 375°F. Place on greased baking sheet and bake for 12-14 minutes. Conventional Oven: Preheat to 425°F. Place on greased baking sheet and bake for 19-21 minutes. Microwave: From Frozen Heat on High Power 2 - 2.5 minutes. Flat Top Grill: Grill at 350°F for 8 minutes on one side, flip and cook an additional 3 - 6 minutes. Note: Due to differences in individual ovens, cooking times may vary. Cook to internal temperature of 165°F

## Serving Suggestions

- Lunch or dinner entrées• Tapas/Appetizers• Sandwiches• Combo platters• Catering & Buffets• Topping for other

## Packaging and Storage

Keep Frozen

## Allergens

CONTAINS:  
Crustaceans or Crustacean Derivatives, Eggs or Egg Derivatives, Fish or Fish Derivatives, Milk or Milk Derivatives, Soybeans or Soybean Derivatives, Wheat or Wheat Derivatives  
FREE FROM:  
Peanuts or Peanut Derivatives, Sesame seeds or Sesame seed Derivatives, Treenuts or Treenut Derivatives

