



Snow Crab

Chionoecetes opilio

captaindansseafood.com

Snow Crab



Sweet, succulent, firm, and white as snow – wild-caught, 100% natural. Captain Dan's Snow Crab clusters and legs are a favourite of seafood lovers around the world. Quality – it's what we catch, it's what we sell.



Nutrition Facts

Serving Size 100 g
Servings Per Container

Amount Per Serving		
Calories 90		Calories from Fat 10
		% Daily Value*
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 60mg		20%
Sodium 530mg		22%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugar 0g		
Protein 19g		
Vitamin A 2%		Vitamin C 8%
Calcium 4%		Iron 15%
*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 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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Snow Crab

Mastered in 30 lbs and
24 lbs Packaging

30 lbs
Sections 4+ oz
Sections 5-8 oz
Sections 8-10 oz
Sections 10+ oz
Sections 12+ oz
30 lbs (6 x 5 lbs)
Combo Meat (30/70)
Salad Meat

24 lbs (12 x 2 lbs)
Small Cocktail Claws
Medium Cocktail Claws
Large Cocktail Claws
X-Large Cocktail Claws
Jumbo Cocktail Claws

