

Dungeness Crab



- >> WILD, OCEAN-CAUGHT
- >> BRINE FROZEN
- >> SUSTAINABLY HARVESTED



Dungeness Crab

Dungeness Crab is a perennial West Coast favorite, well loved for its large size and sweet crab flavor. Generally growing between two and three pounds each, Trident Dungeness Crab is 100% natural and wild caught in the icy waters of the North Pacific.

Large and spectacular, but requiring little prep, Trident Dungeness Crab is extremely versatile. For great eye and taste appeal, serve cracked/whole as a first course with melted butter. Or shell the crab for a Dungeness Crab Cioppino or Crab Gratin. Dungeness Crab Cakes are always a hot seller, as are Dungeness Crab Angel Hair Pasta or Spring Rolls filled with sweet and nutty Dungeness Crabmeat.

Features & Benefits

>> FULLY COOKED

Ready to eat, low labor cost

>> AVAILABLE FROZEN YEAR ROUND

Consistent menu & pricing

>> IMPRESSIVE PLATE PRESENTATION

Easy-to-serve signature menu item

>> BRINE FROZEN

Meat releases easily from shell

>> SUSTAINABLY HARVESTED

A responsibly managed resource

Species Information

Flavorful Dungeness Crab is a native to Pacific waters from California north to Alaska's Aleutian Islands. Growing between two and three pounds each, Dungeness Crab boast a bright orange shell when cooked and feature a delicious and sweet white crabmeat.

PACK INFORMATION

ITEM #	DESCRIPTION	PACK SIZE	GTIN #
441503	Dungeness Crab Sections	1/20 lb.	0 00 28029 41503 2
425292	Dungeness Crab Sections	1/45 lb.	0 00 28029 25292 7
488123	Dungeness Whole Cook 2-up	1/30 lb.	0 00 28029 88123 3
20 LB. CASE: (L x W x D) 23.5" L x 13.75" W x 7.5" D		GROSS WEIGHT: 24 lb.	CUBE: 1.40 TI HI: 5 x 10
45 LB. CASE: (L x W x D) 18" L x 17.63" W x 8.38" D		GROSS WEIGHT: 52 lb.	CUBE: 2.08 TI HI: 4 x 5



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COOKING & HANDLING INSTRUCTIONS

Keep frozen at 0° F or below until ready to use (up to 12 months). For best results, thaw before cooking by removing all packaging and refrigerate below 38° F for 8–10 hours or overnight.

BROIL: Place Dungeness Crab in broiler pan; brush with butter. Place pan about 4 inches from heat for 3–4 minutes. Brush with butter occasionally while broiling.

GRILL: Place Dungeness Crab on well-oiled grill a few inches above hot coals for 5 minutes, until heated through.

STEAM: Fill large pot with 3/4 inch of water. Place a steam basket in pot and bring water to a boil. Place thawed Dungeness Crab in basket; reduce heat, cover and steam for about 5 minutes, until crab is heated through.

Cooking times and temperatures may vary with equipment and load.



**DUNGENESS
WHOLE COOK**

Nutrition Facts	
Serving Size 3.5 oz. (100g) steamed	
Amount Per Serving	
Calories	110
Calories from Fat	9
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 380mg	16%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	44%
Vitamin A 2%	Vitamin C 6%
Calcium 6%	Iron 2%

INGREDIENTS: Dungeness Crab. Contains Shellfish (Dungeness Crab)



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