

Lobster Crab Cake

Pan-roasted lobster crab cake served over a Farro, butternut squash and craisin salad with Sriracha cream



Allergens: Eggs, milk, shellfish soy, wheat

Lobster Crab Cake	
Nutrition Facts	
Serving size	5.5 oz (156 g)
Amount per serving	
Calories	480
% Daily Value*	
Total Fat 21g	27%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 100mg	33%
Sodium 600mg	26%
Total Carbohydrate 52g	19%
Dietary Fiber 7g	25%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 3mg	20%
Potassium 490mg	11%

* 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.

© 2021 MenuTrinio, LLC