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# IMITATION CRAB FLAKES & STICKS

Flavored Seafood Made with Surimi  
A Fully Cooked Fish Portion



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM

THREADFIN BREEM (IMITATION CRAB)



Thailand  
China

Catch Our Wave® to Sustainability

Sea Port is committed to sustainability, as defined by the **United Nations' Brundtland Commission** (link: [www.un.org/en/globalissues/environment](http://www.un.org/en/globalissues/environment)). It is the ability to "meet present needs without compromising the ability of future generations to meet their needs." We believe seafood to be the best protein source for our health and for our environment; therefore we foresee future generations demanding a greater supply of seafood as both their population and economic prosperity grows. Sea Port will be dedicated to sustainably meeting this demand.

### AVAILABLE BRANDS

Sea Port



Fish for You



Ayeshan



- First Ingredient: Threadfin bream; 32% - 38% dependent upon customer requirement
  - Pasteurized, Ready to Eat
  - Vacuum Packed
  - Filament Style
  - Stick Length: 6 Inches
  - Retail Packaging
  - Packed 12/2.5 LB or 30/1 LB
- For full package details, visit our website.

Surimi seafood is a versatile, pre-cooked product with a mild, sweet flavor. It is a great seafood replacement for products such as shrimp, crab, and lobster. A ready-to-serve product, surimi seafood is also a popular choice in many sushi restaurants. Additionally surimi seafood is a major ingredient used by sandwich and salad manufacturers. Imitation Crab Flakes and Sticks are made with fish based Surimi. Surimi meaning "ground meat" in Japanese, is made from lean, white-fleshed fish. The Japanese have been using surimi-based products for over 800 years. Large-scale production of surimi was developed in Japan in the mid 1900's. The white, mild flavored fish are ground and processed leaving only a protein based paste (myofibrillar proteins) that is rubbery and firm when cooked. The original flavors and oils of the fish are removed, which allows for surimi to be used as a base for many different imitation seafood items. Various ingredients are used to provide the taste, texture and color of crab meat. These different ingredients all play a role in preserving the quality and taste of product that is a cooked, frozen, ready to eat seafood item! In 2006 FDA approved the use of the following description of surimi based products: Flavored Seafood Made with Surimi; A Fully Cooked Fish Protein! For Health & Nutrition benefits go to: [www.cport.net](http://www.cport.net).

SEASONALITY	FLAVOR	TEXTURE
<input type="checkbox"/> Low <input checked="" type="checkbox"/> High Jan Feb Mar April May June July Aug Sept Oct Nov Dec	Mild <input type="checkbox"/> Medium <input type="checkbox"/> Strong <input checked="" type="checkbox"/> Sweet	Soft <input type="checkbox"/> Medium <input type="checkbox"/> Firm <input checked="" type="checkbox"/> Meaty

For more detailed seasonality, visit our website



### Summer Crab Meat Salad in Cucumber Bowls

**INGREDIENTS:**  
 2 Tbsp cocktail sauce (with horseradish)  
 1/4 cup light mayonnaise  
 1 Tbsp lemon juice  
 1/4 Tsp dill weed  
 8 oz Sea Port Crab Flavored Seafood Flakes, chopped  
 2/3 cup celery, chopped fine  
 1 cucumber, sliced thin

**DIRECTIONS:**  
 Mix cocktail sauce, mayonnaise, lemon juice and dill weed until blended. Add Sea Port Crab Flavored Seafood Flakes and celery, mix well. Place about 1/2 cup of the crab meat salad on a slice of cucumber and roll around salad.

Preparation time: 10 min Serves 6-8

Nutrition Facts	
Serving Size 15 Pieces (112g) Servings Per Container about 4	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 830mg	<b>34%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 10g	
Vitamin A 2%	Vitamin C 0%
Calcium 25%	Iron 4%

**NOTE:** Ingredients and nutritional information listed on this document are for Sea Port brand Imitation Crab.



Visit our website for more information on this item

**INGREDIENTS:** Surimi (golden threadfin bream, sugar, sorbitol, sodium polyphosphate), water, wheat starch, corn starch, modified tapioca starch, egg white, soybean protein, salt, sugar, mirin, soybean oil, crab extract, crab flavour, konjac glucomannan, sorbitol, monosodium glutamate calcium carbonate, color added (carmine and paprika).  
**ALLERGEN:** Contains fish (golden threadfin bream), shellfish (crab), egg, wheat and soybean.

**METHOD OF HARVEST:** n/a  
**COUNTRY OF ORIGIN:** China

<b>WEST COAST</b>	<b>EAST COAST</b>	
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