



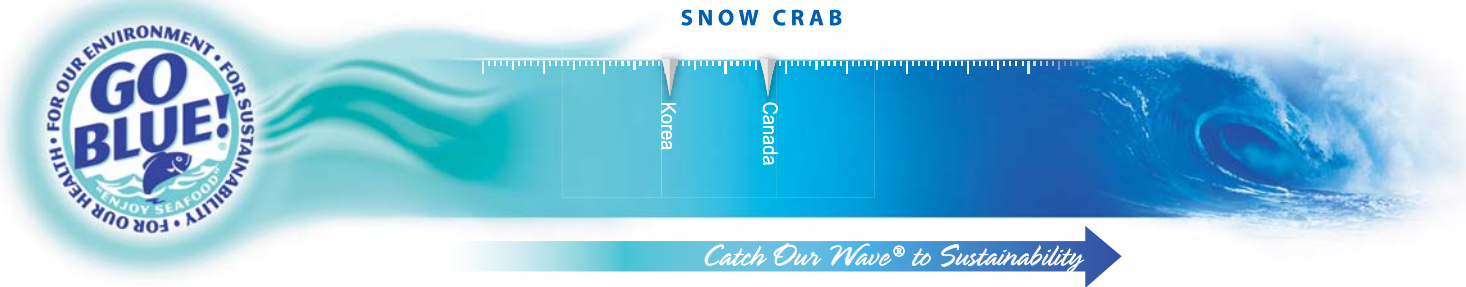
www.cport.net

# SNOW CRAB MEAT

*Chionoecetes japonicus*



## GO BLUE! SEAFOOD SUSTAINABILITY SPECTRUM



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.



Product Presentation	Snow Crab Meat Combo
Sizes	70 % Body/30 % Leg
PACK	6/5 LB BLOCK

For full package details, visit our website.

The sweet flavor and firm texture of Korean Snow Crab Meat has made it a popular ingredient in many signature dishes that chefs prepare to satisfy the palates of seafood lovers around the world. This particular species of snow crab, *Chionoecetes japonicus*, harvested from the East Sea of Korea, produces fine, tender filaments that are exquisitely mild and very tasty.



For more detailed seasonality, visit our website



### Crab Melt Sandwich

#### INGREDIENTS:

- 1 1/2 cups green bell pepper, chopped
- 1 1/2 cups orange bell pepper, chopped
- 3/4 cup red onion, chopped
- 1 clove of garlic, minced
- 1 1/2 lbs. Sea Port Snow Crab Meat
- 8 oz. Provolone cheese, grated
- 8 slices potato or buttermilk bread
- olive oil
- salt and pepper to taste
- 2 tbs. dry bread crumbs

#### DIRECTIONS:

Heat a heavy skillet over medium high heat and add 2 teaspoons of olive oil. Place one slice of bread in the pan about 3 to 4 minutes until toasty golden on both sides. Repeat the toasting batches as necessary. Set aside.

Sauté the peppers, onions, garlic, salt, pepper and Sea Port Snow Crab Meat in 2 tbs. olive oil over medium heat until peppers are soft - about 5 minutes.

Place crab mixture on top of each bread slice. Top each slice with Provolone cheese. Bake the sandwiches in the oven for 6 to 7 minutes, until cheese is melted. For toasty tops, sprinkle sandwiches with bread crumbs and broil for another minute.

Preparation time: 10 min. Cooking time: 16 min. Makes 4 servings

#### Nutrition Facts

Serving Size 3 oz Cooked (84g)  
Servings Per Container about 26

Amount Per Serving	
Calories 100 Calories from Fat 10	
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 650mg	<b>27%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

INGREDIENTS: Snow Crab Meat.



Visit our website for more information on this item

**METHOD OF HARVEST: Wild Harvest; Trap FAO 61**  
**COUNTRY OF ORIGIN: Korea**

**WEST COAST**  
131 7th Avenue, West, Kirkland, WA 98033  
ph: (425) 827-2800 fx: (425) 827-7125

**EAST COAST**  
536 Fayette Street, Perth Amboy NJ 08861  
ph: (732) 826-9400 fx: 732.826.8195

e-mail: [sales@cport.net](mailto:sales@cport.net)  
[www.cport.net](http://www.cport.net)