

ALASKA CRAB: PURE ALASKAN ROYALTY

Prized for their delicious flavor and premium quality, world-famous Alaska King, Snow and Dungeness Crab develop their superior flavor in the vast, icy waters off the coast of Alaska, the only state whose constitution mandates that all fisheries must be managed for sustainability.

Alaska Crab is already fully-cooked but should be heated through before serving: just boil, steam, broil or barbecue for 4 minutes (8 to 10 minutes for frozen crab). They lend themselves to a variety of quick and flavorful recipes.

ALASKA KING CRAB

No other shellfish in the world projects a more elegant image or offers such widespread consumer appeal than Alaska King Crab. Alaska King Crab is the largest member of the crab family. Its body and four visible legs are covered with sharp, thorn-like spines.

- Alaska King Crab average six to ten pounds
- Sweet, rich in flavor with a tender texture
- Alaska King Crab is generally marketed as individual legs and claws, which are available frozen year-round; limited amounts of fresh Alaska King Crab is available in the fall
- Low in fat and calories, and high in protein



ALASKA SNOW CRAB

Alaska Snow Crab is one of the most unique, flavorful and popular shellfish items.

- Alaska Snow Crab average one to three pounds
- Noted for its sweet, delicate flavor, snowy white meat and tender texture
- Alaska Snow Crab is generally marketed as clusters/sections which are available frozen year-round
- Low in fat and calories, and high in protein



ALASKA DUNGENESS CRAB

The largest and most flavorful dungeness crab comes from Alaska. Alaska Dungeness Crab enjoys a connoisseur's reputation, and is well known for its quality.



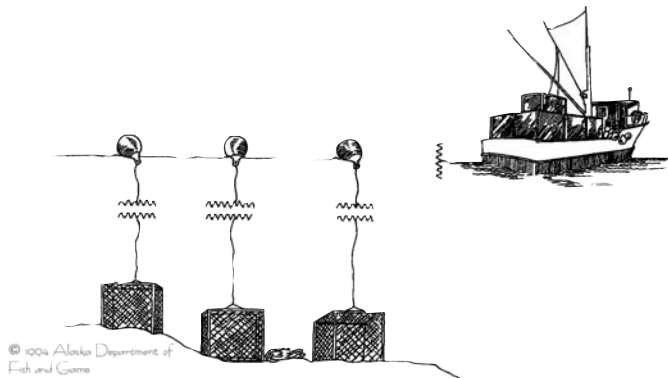
- Alaska Dungeness Crab average two to three pounds
- It is treasured for its beautiful orange shell color, distinctive sweet flavor and tender flaky white meat
- Frozen Alaska Dungeness Crab is available year-round, already cooked, in several forms: whole or in clusters/sections; live crab are also available summer through fall
- High protein but low in calories



HARVESTING ALASKA CRAB

Crabbing, the method of harvesting Alaska Dungeness, King, and Snow Crab, is dangerous and grueling work. Steel traps or pots are baited with cut fish, and then pushed over the side. Buoys mark the location of each pot, and its owner.

At the right time, judged by gut instinct and years of experience, the pots are hauled in, quickly emptied into the hold, rebaited, and returned to the ocean floor.



NUTRITIONAL INFORMATION

Serving Size 3.5 oz.	Calories	Protein (g)	Fat (g)	Saturated Fat (g)	Sodium (mg)	Carbohydrates (g)	Cholesterol (mg)
Alaska King Crab	100	19g	1.5g	0g	1060mg	0g	55mg
Alaska Dungeness Crab	110	22g	1g	0g	380mg	1g	75mg
Alaska Snow Crab	140	19g	6g	1g	320mg	0g	95mg



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