

crab imitation nutrition facts

crab imitation nutrition facts provide essential information for consumers seeking a budget-friendly and convenient alternative to real crab meat. This article delves into the nutritional profile of imitation crab, exploring its macronutrient content, vitamins, minerals, and potential health implications. Understanding these nutrition facts helps individuals make informed dietary choices, especially those with dietary restrictions or preferences. Additionally, it compares imitation crab with real crab meat to highlight differences and similarities. This comprehensive overview also addresses common questions related to allergens, additives, and the role of imitation crab in various diets. The following sections will offer detailed insights into the composition, benefits, and considerations regarding imitation crab nutrition.

- Understanding Imitation Crab
- Macronutrient Composition of Imitation Crab
- Vitamin and Mineral Content
- Health Considerations and Allergens
- Comparison Between Imitation Crab and Real Crab
- Dietary Uses and Recommendations

Understanding Imitation Crab

Imitation crab, also known as surimi, is a seafood product designed to mimic the texture and flavor of real crab meat. It is primarily made from processed white fish, such as pollock, which is finely minced and combined with various additives to achieve the crab-like consistency and taste. This product is widely used in sushi, salads, and seafood dishes due to its affordability and availability. Understanding the base ingredients and manufacturing process is crucial to grasp the nutritional aspects of imitation crab.

Ingredients and Production Process

Surimi is produced by washing minced white fish to remove fat and unwanted parts, then blending it with starches, egg whites, salt, sugars, and natural or artificial flavorings. The mixture is shaped and cooked to resemble crab meat. This process affects the nutritional content, particularly protein quality and sodium levels. Additives such as preservatives and coloring agents may also be present to improve shelf life and appearance.

Common Varieties of Imitation Crab

Imitation crab comes in several forms, including sticks (also called crab sticks), flakes, and chunks. Each variety may have slightly different nutritional profiles depending on the specific recipe and added ingredients. Generally, all types provide similar macronutrient values but vary in texture and culinary application.

Macronutrient Composition of Imitation Crab

The macronutrient content of imitation crab is an important aspect of its nutrition facts. It primarily consists of protein and carbohydrates, with minimal fat content. These values can vary among brands, but the general composition is consistent across most products.

Protein Content

Imitation crab provides a moderate amount of protein, typically around 6 to 7 grams per 3-ounce serving. The protein comes mainly from the fish used in surimi production. Although it contains less protein compared to real crab meat, it still contributes to daily protein requirements.

Carbohydrates and Sugars

Unlike real crab, imitation crab contains carbohydrates, often ranging between 10 to 15 grams per serving. This is due to added starches and sugars used in manufacturing to improve texture and flavor. The sugar content is usually low but present, which differentiates it from natural seafood.

Fat and Calories

Imitation crab is low in fat, generally containing 0.5 to 1 gram per serving. The calorie count is relatively modest, averaging around 80 to 100 calories per 3-ounce portion. This makes it a low-fat, low-calorie option suitable for calorie-conscious diets.

- Protein: 6–7 grams per serving
- Carbohydrates: 10–15 grams per serving
- Fat: 0.5–1 gram per serving
- Calories: 80–100 kcal per serving

Vitamin and Mineral Content

While imitation crab provides some vitamins and minerals, its content differs from that of real crab meat. The nutritional fortification varies by manufacturer, but certain micronutrients are naturally present due to the fish base.

Key Vitamins

Imitation crab contains small amounts of B vitamins, such as vitamin B12 and niacin, which are important for energy metabolism and nervous system health. However, these levels are generally lower than those found in fresh crab. Some brands may fortify their products to enhance vitamin content.

Essential Minerals

Minerals such as phosphorus, selenium, and magnesium are present in imitation crab, albeit in modest quantities. Sodium content tends to be higher due to added salt and preservatives, which is an important consideration for individuals monitoring their sodium intake.

Sodium Levels

Sodium is a significant component of imitation crab nutrition facts. A typical serving may contain 500 to 700 milligrams of sodium, which accounts for a substantial portion of the recommended daily limit. This elevated sodium level is primarily due to processing and flavor enhancement.

Health Considerations and Allergens

Evaluating the health implications and allergenic potential of imitation crab is essential for consumers with dietary restrictions or health concerns. Although it is a popular seafood substitute, certain factors must be considered.

Allergen Information

Imitation crab is not real crab but is still a seafood product derived from fish, commonly pollock. It may also contain shellfish extracts or other allergens depending on the manufacturing process. Individuals allergic to fish or shellfish should exercise caution when consuming imitation crab.

Additives and Preservatives

Many imitation crab products include additives such as monosodium glutamate (MSG), artificial flavorings, and preservatives to enhance taste and shelf life. Some consumers may be sensitive to these ingredients, which can cause adverse reactions in rare cases.

Considerations for Sodium Intake

Due to its elevated sodium content, imitation crab should be consumed in moderation by individuals with hypertension or cardiovascular concerns. It is advisable to balance imitation crab intake with low-sodium foods to maintain overall dietary sodium within recommended limits.

Comparison Between Imitation Crab and Real Crab

Comparing the nutrition facts of imitation crab to those of real crab meat reveals important differences and similarities that influence dietary choices.

Protein and Calorie Differences

Real crab meat generally contains higher protein levels, approximately 16 to 20 grams per 3-ounce serving, compared to imitation crab. Additionally, real crab is lower in carbohydrates and may have slightly higher fat content due to natural oils. Calorie content in real crab ranges from 80 to 100 calories per serving, comparable to imitation crab.

Micronutrient Variations

Real crab is a richer source of vitamins and minerals, including vitamin B12, zinc, and copper, which contribute to immune function and overall health. Imitation crab lacks some of these nutrients or contains them in reduced amounts due to processing.

Cost and Accessibility

Imitation crab is significantly more affordable and widely available than real crab meat, making it an attractive option for budget-conscious consumers. Its longer shelf life and easy preparation also add to its convenience.

Dietary Uses and Recommendations

Imitation crab can be incorporated into various diets and recipes, but understanding its nutritional profile assists in making balanced choices.

Inclusion in Balanced Diets

Imitation crab serves as a moderate protein source with low fat and calories, fitting well into weight management and low-fat diets. However, due to its carbohydrate content, it may not be suitable for very low-carb or ketogenic diets.

Suitable Culinary Applications

Common uses of imitation crab include sushi rolls, seafood salads, and casseroles. Its mild flavor and texture make it versatile, but it should be paired with nutrient-dense foods like vegetables and whole grains to enhance meal quality.

Recommendations for Sodium Control

To mitigate the high sodium levels in imitation crab, it is advisable to limit portion sizes and avoid additional salty condiments. Drinking plenty of water and balancing sodium intake with potassium-rich foods can help maintain electrolyte balance.

Frequently Asked Questions

What are crab imitation nutrition facts compared to real crab?

Crab imitation typically contains fewer calories and less protein than real crab but may have higher sodium and carbohydrate content due to added fillers and flavorings.

Is crab imitation a good source of protein?

Crab imitation provides some protein, but generally less than real crab meat. It is made primarily from fish paste and additives, offering moderate protein levels.

Does crab imitation contain allergens?

Yes, crab imitation often contains fish and sometimes egg or wheat, which can be allergens. It does not contain real crab but can still trigger allergies in sensitive individuals.

How many calories are in a serving of crab imitation?

A typical 3-ounce serving of crab imitation contains approximately 80 to 100 calories, depending on the brand and ingredients used.

Is crab imitation high in sodium?

Crab imitation can be high in sodium due to added salt and preservatives used to enhance flavor and shelf life. It's important to check the nutrition label if you are monitoring sodium intake.

Does crab imitation contain cholesterol?

Crab imitation usually contains low to moderate levels of cholesterol, often less than real crab meat, since it is made from fish paste and other ingredients.

Are there any vitamins or minerals in crab imitation?

Crab imitation may contain small amounts of vitamins and minerals such as vitamin B12, phosphorus, and selenium, but generally in lower quantities than real crab meat.

Is crab imitation a healthy alternative to real crab?

Crab imitation can be a lower-cost and convenient alternative but may contain more sodium and additives. For a healthier option, choose brands with fewer preservatives and added sugars.

Additional Resources

1. *The Science Behind Crab Imitation: Nutritional Insights*

This book delves into the composition and nutritional profile of crab imitation products. It explains the ingredients typically used, such as surimi, and their health benefits and drawbacks. Readers will gain a scientific understanding of how these products compare to real crab meat in terms of vitamins, minerals, and protein content.

2. *Crab Imitation Foods: A Nutritional Guide for Health-Conscious Consumers*

Focusing on the health aspects of crab imitation foods, this guide helps consumers make informed dietary choices. It breaks down calories, macronutrients, and additives commonly found in these products. The book also offers tips on selecting the healthiest options available in the market.

3. *Surimi and Beyond: Exploring the Nutritional Value of Crab Imitation*

This comprehensive resource explores surimi, the base for most crab imitation products, and its role in nutrition. Readers will learn about the processing methods and how they affect nutrient retention. The book also compares nutritional facts across various brands and types of crab substitutes.

4. *Imitating Crab: Nutritional Facts and Culinary Uses*

Combining nutrition with culinary application, this book provides detailed nutritional facts along with recipes using crab imitation products. It highlights how these products can fit into a balanced diet while offering versatility in cooking. The nutritional analysis helps readers understand portion sizes and health impacts.

5. *From Ocean to Table: The Nutritional Story of Crab Imitation*

Tracing the journey from raw materials to finished products, this book explains how crab imitation foods are made and their nutritional significance. It discusses sustainability and how these products serve as an alternative to real crab meat. Nutritional comparisons with other seafood alternatives are also featured.

6. *Understanding Crab Imitation Nutrition: Ingredients and Health Effects*

This title focuses on the ingredients used in crab imitation foods and their effects on human health. It examines preservatives, flavor enhancers, and nutritional additives. The book helps readers identify potentially harmful components and suggests healthier product choices.

7. *Nutrition Facts Labeling for Crab Imitation Products*

A practical manual for decoding nutrition labels on crab imitation foods. It teaches readers how to interpret serving sizes, nutrient percentages, and ingredient lists. Ideal for consumers and professionals, this book promotes awareness and better dietary decisions.

8. *Crab Imitation and Dietary Considerations: Nutritional Facts Explained*

This book discusses how crab imitation products fit into various dietary plans, including low-fat, low-sodium, and allergen-free diets. It provides detailed nutritional facts and guidance for individuals with specific health goals. The information is backed by recent research and dietary guidelines.

9. *The Nutritional Comparison: Real Crab vs. Crab Imitation*

Offering a side-by-side analysis, this book compares the nutritional content of real crab meat and its imitation counterparts. It provides insights into protein quality, fat content, and micronutrient levels. Readers will understand the pros and cons of choosing imitation crab from a nutritional standpoint.

Crab Imitation Nutrition Facts

Find other PDF articles:

<https://staging.massdevelopment.com/archive-library-410/Book?ID=Pre51-8100&title=indiana-bmv-practice-test-motorcycle.pdf>

crab imitation nutrition facts: *Understanding Nutrition, 3rd Edition* Gail Hammond, Colleen O'Connor, Leonard A. Piché, Eleanor Noss Whitney, Sharon Rady Rolfes, 2023-06-01 Sharon Rady Rolfes received her MS in nutrition and food science from Florida State University. She is a founding member of Nutrition and Health Associates, an information resource center that maintains a research database on more than 1000 nutrition-related topics. She has taught at Florida State University and coauthored several other college textbooks, including *Understanding Normal and Clinical Nutrition*. In addition to writing, she serves as a consultant for various educational projects. She maintains her registration as a dietitian nutritionist and membership in the Academy of Nutrition and Dietetics.

crab imitation nutrition facts: *Elementary Food Science* Richard Owusu-Apenten, Ernest R. Vieira, 2022-05-28 Following the success of the popular introductory text, *Elementary Food Science* (5th edition) covers a broad range of food science topics organized in four parts; Part (1) Interrelated food science topics, Part (2) Food safety & sanitation, Part (3) Food preservation and processing and Part (4) Handling & processing of foods. The opening two chapters discuss what food science actually is, the significance for society, and the large contribution of the food industry to jobs and revenue in the USA and globally. Succeeding chapters cover food regulatory agencies, food labels, food quality and sensory evaluation, and consumer food literacy. Part (2) has two new chapters explaining how microbes affect food quality, and also foodborne disease outbreaks; GMP is described independently and as a prerequisite for HACCP, VACCP and TACCP food-safety management systems. Part (3) contains two new chapters dealing with basic aspects of food processing, and the quality of dried foods. Part (4) covers handling and processing major food commodity groups (meat, dairy products, poultry and eggs, fish and shellfish, cereal grains, bakery products, fruits and vegetables, sugar confectionary). A new final chapter covers the foodservice industry. The text highlights food science links with industry uniquely using the North American Industry Classification System (NAICS). Overall, the book is thoroughly modernized with over 1500 references cited in recognition of thousands of named food scientists and other professionals. The target readership remain unchanged for the current edition, i.e. Students of food science from senior high school, colleges or universities. Sections of the book will also appeal to advanced readers from other disciplines with perhaps little or no prior food science experience. Additionally, readers covering the intersection of food science with culinary arts, food services, and nutrition or public health will find the book useful.

crab imitation nutrition facts: The Seafood Guidebook , 2002

crab imitation nutrition facts: Taste of Home: Comfort Food Diet Cookbook: New Quick & Easy Favorites Taste Of Home, 2011-12-22 Based on the success of the best-selling Comfort Food Diet Cookbook and the Comfort Food Diet Family Classics Collection, Taste of Home is excited to bring you the brand-new time-saving edition, The Comfort Food Diet, New Quick and Easy Favorites! Inside you'll find 380 mouthwatering recipes that will satisfy your cravings in a healthy way. You can indulge in hearty casseroles, creamy pastas, crunchy snacks -even rich tasting desserts—and still lose weight! And you can cut back on the time you spend in the kitchen, since more than a third of the recipes are quick and easy to prepare. The diet is simple. Inside you'll discover a 6-week meal plan that counts up the calories for you. Each day you'll find breakfast, lunch, and dinner menus that keep your weight-loss goals in focus. The plan even includes snacks and desserts. Each recipe features prep and cook times so you can make dishes that fit your family's schedule. The slow-cooker and 20-minute or less prep chapters will save you time in the kitchen while the 8-ingredients or less chapter will save you time at the store. Also included are motivational "before and after" weight loss stories and tips from followers of the diet on how they get the most from the program, their weight-loss strategies and advice.

crab imitation nutrition facts: Culinary Nutrition Jacqueline B. Marcus, 2025-05-15 Culinary Nutrition: The Science and Practice of Healthy Cooking, Second Edition is one of the first textbooks specifically written to bridge the relationship between food science, nutrition, and culinology as well as consumer choices for diet, health, and enjoyment. The book uses a comprehensive format with real-life applications, recipes, and color photographs of finished dishes to emphasize the necessity of sustainably deliverable, health-beneficial, and taste-desirable products. The book includes pedagogical elements to enhance and reinforce learning opportunities; explores which foods and beverages involve the optimum nutritional values for dietary and health needs; includes specific dietary requirements throughout the lifecycle; and examines how foods and beverages are produced. The fully revised second edition includes updated dietary and health guidelines and recommendations; more vegan, vegetarian, and plant-based meals; updated protein, carbohydrate, fat, vitamin and mineral recommendations; environmental and sustainability considerations; and much more. - Explores the connections among the technical sciences of nutrition, food science, and the culinary arts, as well as consumer choices for diet, health, and enjoyment - Presents laboratory-type, in-class activities using limited materials with real-life applications of complex, scientific concepts - Includes photographs and recipes that are integrated to enhance learning experiences - Offers online support for qualified instructors and students, including an exam test bank, case studies, hands-on applications, and recipes that are suitable for a variety of settings

crab imitation nutrition facts: Taste of Home Comfort Food Diet Cookbook Taste Of Home, 2009-12-31 Taste of Home Comfort Food Diet Cookbook presents a common-sense approach to healthy living and dieting by focusing on what people can eat, not what they have to give up. With the help of provided calorie counts, readers can plan their day and feel confident knowing they're within the desired calorie range for weight loss. All recipes come from real home cooks and combine realistic portions with exceptional taste-and all have been approved by the nutritionist on the Taste of Home staff. In addition to hundreds of satisfying recipes, this book contains: -A four-week meal plan that covers breakfast, lunch, dinner, desserts, snacks, and beverages -Nutrition facts and calories, including diabetic exchanges -Notes on exercise and portion control -A code to access a special gated website, which contains additional meal plans, healthy tips, and online community support -Testimonials and photos from actual dieters -A free year subscription to Taste of Home Healthy Cooking magazine -Tips on dining out Readers will also find a number of free foods with low calories for guilt-free snacking and a clip-and-keep calorie guide they can remove from the book to carry on the go for use in restaurants. Put the Taste of Home Comfort Food Diet Cookbook's meals on your menu, and you'll be putting the pleasure back in healthy eating.

crab imitation nutrition facts: The Complete Book of Diet Drugs Steven R. Peikin, 2001-01-01 One of America's foremost leading experts on safe diet drugs and drug-assisted weight control

presents an innovative guide to losing weight with prescription and non-prescription diet drugs that discusses how the diet drugs work, possible side effects, finding the right one, and much more. Reprint.

crab imitation nutrition facts: Better Homes and Gardens The Ultimate Quick & Healthy Book Better Homes and Gardens, 2014-04-29 Modern home cooks are concerned with getting healthy food on the table quickly, and Better Homes and Gardens The Ultimate Quick & Healthy Book offers the perfect solution. Included are 400 recipes ready in 30 minutes or less, and every main dish has fewer than 450 calories and 15 grams of fat. This book proves that quick cooking and healthy cooking can be synonymous. There are recipes for every occasion, from breakfast to dinner to make-ahead meals and entertaining. Every recipe includes full nutritional information and handy icons that highlight Superfast, No-Cook, Vegetarian, and Heart Healthy dishes. With more than 180 full-color photographs, the book is as beautiful as it is practical.

crab imitation nutrition facts: Better Homes and Gardens 365 30-Minute Meals Better Homes and Gardens, 2011-10-20 A mouthwatering collection of quick and delicious weeknight dinners the whole family will love—year round 365 30-Minute Meals is filled with a year's worth of fast, fresh and fun dinner ideas. With quick, easy-to-prepare recipes offering innovative dinner solutions for everyday staples like meat, poultry, fish, seafood, salads, stews, sandwiches, and more, this book is perfect for busy home cooks who need to get dinner on the table fast. Helpful cooking tips are spread throughout, and substitution suggestions help keep dinner on track even when you lack an ingredient. A great value for busy families with 365 recipes in one affordable volume Beautiful full-color inserts with more than 50 photos At-a-glance icons that highlight Kid-Friendly, Healthful, and Quick-and-Special recipes Helpful cooking tips and sidebars on cooking quick meals, as well as shopping, storing, prepping, and garnishing 365 30-Minute Meals offers a wealth of options for busy families in need of fast, great-tasting dinner solutions.

crab imitation nutrition facts: The Complete Idiot's Guide to Flour-Free Eating Keith Wayne Berkowitz, M.D., Shelly James, 2010-06-01 A healthy choice...includes 150 recipes. The Complete Idiot's Guide to Flour-Free Eating has all the information readers need to easily and comfortably get on, and stick to, a healthier eating plan. It explains to readers what they can eat and what they should avoid, including important guidance on how to identify hidden flour in processed foods and how to stay flour free while eating out. Includes more than 150 flour-and sugar-free recipes Diabetes now affects over 18 million Americans, and since flour = sugar, eliminating flour is a must to help combat these and other illnesses

crab imitation nutrition facts: Ultimate Quick and Healthy Book Better Homes and Gardens, Better Homes and Gardens Books Staff, 2014 Capitalizing on two important trends, Better Homes and Gardens Ultimate Quick and Healthy Cookbook is a treasure trove for busy families looking to get food on the table while making wholesome food choices.

crab imitation nutrition facts: Living Well with Hemochromatosis Anna Khesin, 2019-06-18 Combat iron overload with this lifestyle and treatment guide featuring a comprehensive, dietitian-approved, and fully customizable food plan. Also known as "iron overload" or "bronze diabetes," hemochromatosis is one of the most common genetic disorders in the US. With no known cure and life-sapping symptoms, such as fatigue, joint pain, heart abnormalities, and skin discoloration, it is a life-altering diagnosis that can lead to very serious medical conditions. Living Well with Hemochromatosis is an approachable guide to taming your symptoms by taking total control of your diet. It offers an easy-to-understand overview of micronutrients, tips and tricks for identifying high-iron foods and limiting absorption, stories from others living with hemochromatosis, and simple and delicious recipes. From carnivores to vegans, this book offers something for all lifestyles. Recipes span from salads, side dishes, and entrees to smoothies and even desserts—each one featuring helpful nutritional analysis.

crab imitation nutrition facts: 'Tales from the Tale' Chef Philip Andriano, 2013-11-18 Each recipe is divided into steps of preparation which is the method I'm trying to convey and a list of ingredients required during each step. I write each recipe for two servings because if you are as bad

at math as I am, it is easier to turn a recipe for two into a recipe for eight than it is to turn a recipe for eight into a recipe for two. Also when you try out a recipe, you probably want a small audience so I have downsized the recipes for use by the home kitchen chef. Each recipe also contains notes for each step. These should be referred to before attempting the recipe. These notes give some reason behind the directions or act as technical standpoints or safety warnings. These notes can provide the reader with enlightenment about the recipe and the method. I also want to avoid being strict in recipes. The problem with most chefs cookbooks is that they are too technical, too egocentric and too inflexible. Most recipes are tested in large restaurant kitchens, not in the home.

crab imitation nutrition facts: Global Food Legislation Evelyn Kirchsteiger-Meier, Tobias Baumgartner, 2014-05-27 Food is produced not only to be consumed in the country of its origin, but also to be exported to various locations worldwide. As such, manufacturers and suppliers need to know the market conditions and regulations of their customers in export markets. Filling a distinct need in the globalized food economy, this introductory reference distills the key facts and regulations from the food laws of 10 countries and the European Union across four continents. The result is a truly global survey of the world's most important food markets in terms of regulatory standards, principles and the authorities involved. To enable comparison between each country portrait, each chapter is structured in the same way, and includes information on the legal framework, the competent authorities, explanations of the basic principles of food law, introductions to the main areas of regulation (particularly, labeling and advertising; food hygiene and safety; additives and flavorings; food supplements; genetically modified organisms; import and export regulations), accountability regulations, and information on Internet resources. The publication therefore provides key facts for food producers active on the international market, who often lack the time and resources to refer to the primary laws and legal commentaries. Markets discussed: Argentina Brazil Canada China European Union Japan USA Republic of Korea Russian Federation Switzerland Turkey

crab imitation nutrition facts: Nutritional Foundations and Clinical Applications - E-Book Michele Grodner, Sara Long Roth, Bonnie C. Walkingshaw, 2013-08-07 Now in its 5th edition, the critically acclaimed Nutritional Foundations and Clinical Applications, A Nursing Approach offers you a comprehensive, first-hand account of the ways in which nutrition affects the lives of nursing professionals and everyday people. Discussions on nutritional needs and nutritional therapy, from the nurse's perspective, define your role in nutrition, wellness, and health promotion. The dynamic author team of Grodner, Roth, and Walkingshaw utilizes a conversational writing style, and a variety of learning features help you apply your knowledge to the clinical setting. Content updates, specifically to the Dietary Guidelines for Americans 2010, an online resource, a new logical organization, and much more prepare you to handle the challenges you face with ease. Emphasis on health promotion and primary prevention stresses the adoption of a healthy diet and lifestyle to enhance quality of life. Content Knowledge and Critical Thinking/Clinical Applications case studies reinforce knowledge and help you apply nutrition principles to real-world situations. Cultural Considerations boxes discuss various eating patterns related to ethnicity and religion to help you understand the various influences on health and wellness. Personal Perspective boxes demonstrate the personal touch for which this book is known, and offer first-hand accounts of interactions with patients and their families. Health Debate and Social Issue boxes explore controversial health issues and encourage you to develop your own opinions. Teaching tool boxes provide tips and guidance to apply when educating patients. Website listings with a short narrative at the end of every chapter refer you to additional online resources. Updated content to Dietary Guidelines for Americans 2010 keeps you current. Additional questions added to case studies in the Nursing Approach boxes help you focus on practical ways you can use nutrition in practice. Study tools on Evolve present virtual case studies and additional questions with instant feedback to your answers that reinforce your learning. Online icons throughout the text refer you to the NEW Nutrition Concepts Online course content. A logical organization to updated and streamlined content lets you find the information you need quickly.

crab imitation nutrition facts: The New Family Cookbook for People with Diabetes American

Diabetes Association, The American Dietetic Association, 2007-11-20 A collection of more than 375 recipes tailored to provide meals that fit the nutritional needs of diabetic people includes a full nutritional analysis for each recipe.

crab imitation nutrition facts: Encyclopedia of Meat Sciences Carrick Devine, M. Dikeman, 2004-08-19 The Encyclopedia of Meat Sciences is an impressive and important body of work. Prepared by an international team of experts, this reference work covers all important aspects of meat science from stable to table, including animal breeding, physiology and slaughter, meat preparation, packaging, welfare, and food safety, to name a few. This Encyclopedia further covers important topics such as food microbiology, meat in human nutrition, biotechnological advances in breeding and many more. The Encyclopedia of Meat Sciences is an invaluable resource to practitioners of meat science and students alike. Also available online via ScienceDirect - featuring extensive browsing, searching, and internal cross-referencing between articles in the work, plus dynamic linking to journal articles and abstract databases, making navigation flexible and easy. For more information, pricing options and availability visit www.info.sciencedirect.com. Foreword written by Rt. Hon. Helen Clark, Prime Minister of New Zealand Over 200 articles covering all aspects of meat science Reading lists at the end of each article provide further information into primary literature Various figures and tables illustrating the text and a color plate section in each volume Appeals to students, academics researchers and professionals working not only in meat science, but also food science, veterinary sciences, agricultural engineering and livestock management Extensive cross-referencing

crab imitation nutrition facts: The Supermarket Guide , 1997-03-01 Shop smart with America's foremost nutrition experts. The American Dietetic Association takes you aisle-by-aisle through the supermarket, showing you how to make informed decisions about the food you buy for yourself and your family. Not just a guide to low-fat and fat-free items, this book gives you tips on reading labels and choosing foods that best fit your healthy eating plan following the ADA philosophy that all foods can fit. Learn the nutritional differences between fresh, frozen, and canned vegetables; how to compare presweetened, wholegrain, granola, and hot cereals; how to find the freshest seafood; and more! This handy guide also provides tips on food safety and stretching your grocery dollars.

crab imitation nutrition facts: The Ultimate Appetizers Book Better Homes and Gardens, 2012-04-11 With The Ultimate Appetizer Book, you'll find the perfect morsels and drinks in one incredible compendium! No matter what your party style is-casual, dressy, or just plain fun-nothing says party like tasty appetizers! The third book in the Ultimate series, following The Ultimate Cookie Book and The Ultimate Slow Cooker Book, this unique recipe collection features more than 450 recipes for everything from super quick dips and snack mixes to elegant pastries and bite-size sweets-all guaranteed to entice any crowd. More than just a collection of recipes, this book is packed with hundreds of inspiring full-color photos and provides all the tools you need to throw a fabulous bash, including helpful hints in on creative presentation ideas, themed party menus using the recipes in the book, lists of versatile ingredients to keep in the pantry, and make-ahead directions to make planning a breeze. More than 450 party foods and drinks range from classics and basics, to fun, creative delights Recipes include prep times and make-ahead directions to help with planning, inventive ideas on flavor variations, and nutritional analysis With over 300 full-color photographs throughout and a bold, colorful design, this is the ultimate appetizer recipe collection, as beautiful as it is practical, and in an affordable, value package

crab imitation nutrition facts: FDA Consumer , 1995

Related to crab imitation nutrition facts

Crab Boil Recipe | Guy Fieri | Food Network Get Crab Boil Recipe from Food Network In a small stockpot, heat the oil over medium heat. Saute the artichokes, sausage and onions until lightly colored, about 5 minutes. Add 12 cups (3

19 Crab Recipes Worth Taking a Crack At - Food Network Whether you prefer to cook with

live crab or store-bought, ready-picked crabmeat, there's a crab recipe for everyone in this roundup from Food Network

Crab Recipes - Food Network Find crab recipes, videos, and ideas from Food Network

Crispy Crab Stuffed Mushrooms - Food Network Kitchen Thanksgiving Entertaining Looking for Something Else? Quick & Easy Highly Rated Healthy Surprise Me Crab-Stuffed Mushrooms Crab-Salsa Stuffed Mushrooms Crispy Brie-Stuffed

A Guide to Buying and Cooking Crab - Food Network A guide to buying and cooking crabs. The most commonly available types of crab, depending on where you live, include: blue crabs from the East Coast, Dungeness from the West Coast, king

About Us - Cancer Research And Biostatistics CRAB is a 501 (c) (3) non-profit organization, founded in 1997 by internationally renowned biostatistician John Crowley, Ph.D. Research teams at CRAB, under the direction of President

Crab Fried Rice Recipe | Food Network At my restaurants, the crab fried rice is a dish that if someone sees it at another table they'll order it. Part of it is because I save the crab shell and bring that to the table

Blue Crab Frequently Asked Questions Q: Why does a crab's shell turn red-orange when cooked? A: The red pigment is the most stable component of the coloring in a crab shell. The greens, blues, and browns which darken the

Crab Cake Recipe | Food Network Kitchen | Food Network When Food Network Kitchen set out to make our best crab cake recipe, opinions were strong and varied. Our recipe developers decided to focus on Maryland-style crab cakes made with

Home - Cancer Research And Biostatistics CRAB was founded 25 years ago to play a unique and critical role in the battle against cancer. Our commitment to prevent and cure cancer is reflected in our approach to clinical research.

Crab Boil Recipe | Guy Fieri | Food Network Get Crab Boil Recipe from Food Network In a small stockpot, heat the oil over medium heat. Saute the artichokes, sausage and onions until lightly colored, about 5 minutes. Add 12 cups (3

19 Crab Recipes Worth Taking a Crack At - Food Network Whether you prefer to cook with live crab or store-bought, ready-picked crabmeat, there's a crab recipe for everyone in this roundup from Food Network

Crab Recipes - Food Network Find crab recipes, videos, and ideas from Food Network

Crispy Crab Stuffed Mushrooms - Food Network Kitchen Thanksgiving Entertaining Looking for Something Else? Quick & Easy Highly Rated Healthy Surprise Me Crab-Stuffed Mushrooms Crab-Salsa Stuffed Mushrooms Crispy Brie-Stuffed

A Guide to Buying and Cooking Crab - Food Network A guide to buying and cooking crabs. The most commonly available types of crab, depending on where you live, include: blue crabs from the East Coast, Dungeness from the West Coast, king

About Us - Cancer Research And Biostatistics CRAB is a 501 (c) (3) non-profit organization, founded in 1997 by internationally renowned biostatistician John Crowley, Ph.D. Research teams at CRAB, under the direction of President

Crab Fried Rice Recipe | Food Network At my restaurants, the crab fried rice is a dish that if someone sees it at another table they'll order it. Part of it is because I save the crab shell and bring that to the table

Blue Crab Frequently Asked Questions Q: Why does a crab's shell turn red-orange when cooked? A: The red pigment is the most stable component of the coloring in a crab shell. The greens, blues, and browns which darken the

Crab Cake Recipe | Food Network Kitchen | Food Network When Food Network Kitchen set out to make our best crab cake recipe, opinions were strong and varied. Our recipe developers decided to focus on Maryland-style crab cakes made with

Home - Cancer Research And Biostatistics CRAB was founded 25 years ago to play a unique and critical role in the battle against cancer. Our commitment to prevent and cure cancer is reflected in

our approach to clinical research.

Crab Boil Recipe | Guy Fieri | Food Network Get Crab Boil Recipe from Food Network In a small stockpot, heat the oil over medium heat. Saute the artichokes, sausage and onions until lightly colored, about 5 minutes. Add 12 cups (3

19 Crab Recipes Worth Taking a Crack At - Food Network Whether you prefer to cook with live crab or store-bought, ready-picked crabmeat, there's a crab recipe for everyone in this roundup from Food Network

Crab Recipes - Food Network Find crab recipes, videos, and ideas from Food Network

Crispy Crab Stuffed Mushrooms - Food Network Kitchen Thanksgiving Entertaining Looking for Something Else? Quick & Easy Highly Rated Healthy Surprise Me Crab-Stuffed Mushrooms Crab-Salsa Stuffed Mushrooms Crispy Brie-Stuffed

A Guide to Buying and Cooking Crab - Food Network A guide to buying and cooking crabs. The most commonly available types of crab, depending on where you live, include: blue crabs from the East Coast, Dungeness from the West Coast, king

About Us - Cancer Research And Biostatistics CRAB is a 501 (c) (3) non-profit organization, founded in 1997 by internationally renowned biostatistician John Crowley, Ph.D. Research teams at CRAB, under the direction of President

Crab Fried Rice Recipe | Food Network At my restaurants, the crab fried rice is a dish that if someone sees it at another table they'll order it. Part of it is because I save the crab shell and bring that to the table

Blue Crab Frequently Asked Questions Q: Why does a crab's shell turn red-orange when cooked? A: The red pigment is the most stable component of the coloring in a crab shell. The greens, blues, and browns which darken the

Crab Cake Recipe | Food Network Kitchen | Food Network When Food Network Kitchen set out to make our best crab cake recipe, opinions were strong and varied. Our recipe developers decided to focus on Maryland-style crab cakes made with quality

Home - Cancer Research And Biostatistics CRAB was founded 25 years ago to play a unique and critical role in the battle against cancer. Our commitment to prevent and cure cancer is reflected in our approach to clinical research.

Crab Boil Recipe | Guy Fieri | Food Network Get Crab Boil Recipe from Food Network In a small stockpot, heat the oil over medium heat. Saute the artichokes, sausage and onions until lightly colored, about 5 minutes. Add 12 cups (3

19 Crab Recipes Worth Taking a Crack At - Food Network Whether you prefer to cook with live crab or store-bought, ready-picked crabmeat, there's a crab recipe for everyone in this roundup from Food Network

Crab Recipes - Food Network Find crab recipes, videos, and ideas from Food Network

Crispy Crab Stuffed Mushrooms - Food Network Kitchen Thanksgiving Entertaining Looking for Something Else? Quick & Easy Highly Rated Healthy Surprise Me Crab-Stuffed Mushrooms Crab-Salsa Stuffed Mushrooms Crispy Brie-Stuffed

A Guide to Buying and Cooking Crab - Food Network A guide to buying and cooking crabs. The most commonly available types of crab, depending on where you live, include: blue crabs from the East Coast, Dungeness from the West Coast, king

About Us - Cancer Research And Biostatistics CRAB is a 501 (c) (3) non-profit organization, founded in 1997 by internationally renowned biostatistician John Crowley, Ph.D. Research teams at CRAB, under the direction of President

Crab Fried Rice Recipe | Food Network At my restaurants, the crab fried rice is a dish that if someone sees it at another table they'll order it. Part of it is because I save the crab shell and bring that to the table

Blue Crab Frequently Asked Questions Q: Why does a crab's shell turn red-orange when cooked? A: The red pigment is the most stable component of the coloring in a crab shell. The greens, blues, and browns which darken the

Crab Cake Recipe | Food Network Kitchen | Food Network When Food Network Kitchen set out to make our best crab cake recipe, opinions were strong and varied. Our recipe developers decided to focus on Maryland-style crab cakes made with quality

Home - Cancer Research And Biostatistics CRAB was founded 25 years ago to play a unique and critical role in the battle against cancer. Our commitment to prevent and cure cancer is reflected in our approach to clinical research.

Crab Boil Recipe | Guy Fieri | Food Network Get Crab Boil Recipe from Food Network In a small stockpot, heat the oil over medium heat. Saute the artichokes, sausage and onions until lightly colored, about 5 minutes. Add 12 cups (3

19 Crab Recipes Worth Taking a Crack At - Food Network Whether you prefer to cook with live crab or store-bought, ready-picked crabmeat, there's a crab recipe for everyone in this roundup from Food Network

Crab Recipes - Food Network Find crab recipes, videos, and ideas from Food Network

Crispy Crab Stuffed Mushrooms - Food Network Kitchen Thanksgiving Entertaining Looking for Something Else? Quick & Easy Highly Rated Healthy Surprise Me Crab-Stuffed Mushrooms Crab-Salsa Stuffed Mushrooms Crispy Brie-Stuffed

A Guide to Buying and Cooking Crab - Food Network A guide to buying and cooking crabs. The most commonly available types of crab, depending on where you live, include: blue crabs from the East Coast, Dungeness from the West Coast, king

About Us - Cancer Research And Biostatistics CRAB is a 501 (c) (3) non-profit organization, founded in 1997 by internationally renowned biostatistician John Crowley, Ph.D. Research teams at CRAB, under the direction of President

Crab Fried Rice Recipe | Food Network At my restaurants, the crab fried rice is a dish that if someone sees it at another table they'll order it. Part of it is because I save the crab shell and bring that to the table

Blue Crab Frequently Asked Questions Q: Why does a crab's shell turn red-orange when cooked? A: The red pigment is the most stable component of the coloring in a crab shell. The greens, blues, and browns which darken the

Crab Cake Recipe | Food Network Kitchen | Food Network When Food Network Kitchen set out to make our best crab cake recipe, opinions were strong and varied. Our recipe developers decided to focus on Maryland-style crab cakes made with

Home - Cancer Research And Biostatistics CRAB was founded 25 years ago to play a unique and critical role in the battle against cancer. Our commitment to prevent and cure cancer is reflected in our approach to clinical research.

Related to crab imitation nutrition facts

How healthy imitation crab is compared to other seafood, and what surimi sticks are actually made of (Business Insider2y) Imitation crab — aka krab — is made of Alaskan pollock and commonly used in salads and sushi rolls. While imitation crab is more affordable than real crab, it doesn't have as much nutritional value

How healthy imitation crab is compared to other seafood, and what surimi sticks are actually made of (Business Insider2y) Imitation crab — aka krab — is made of Alaskan pollock and commonly used in salads and sushi rolls. While imitation crab is more affordable than real crab, it doesn't have as much nutritional value

On Nutrition: Does imitation crab provide many omega-3s? (Tulsa World6y) Dear Dr. Blonz: How do imitation crab meats compare with regular crab in terms of omega-3 fats? I asked my local fish store and was told that imitation crab comes from pollock, and I heard this is a

On Nutrition: Does imitation crab provide many omega-3s? (Tulsa World6y) Dear Dr. Blonz: How do imitation crab meats compare with regular crab in terms of omega-3 fats? I asked my local fish store and was told that imitation crab comes from pollock, and I heard this is a

10 Imitation Crab Myths Debunked (YouTube on MSN1d) Imitation crab can make for a yummy — and cost-effective — alternative to real crab. But beware the myths and misconceptions

10 Imitation Crab Myths Debunked (YouTube on MSN1d) Imitation crab can make for a yummy — and cost-effective — alternative to real crab. But beware the myths and misconceptions

What Is Imitation Crab? Here's What It's Actually Made Of (ABC15 Arizona3y) You might have seen imitation crab meat, sometimes called crab sticks or "krab," stocked with other seafood at your local supermarket. There is also a good chance you have eaten it and perhaps didn't

What Is Imitation Crab? Here's What It's Actually Made Of (ABC15 Arizona3y) You might have seen imitation crab meat, sometimes called crab sticks or "krab," stocked with other seafood at your local supermarket. There is also a good chance you have eaten it and perhaps didn't

Here's What The Imitation Label Actually Means In Grocery Store Code (Tasting Table on MSN10d) It's no secret that some companies try to recreate the look or feel of a food using an imitation product. However, the term

Here's What The Imitation Label Actually Means In Grocery Store Code (Tasting Table on MSN10d) It's no secret that some companies try to recreate the look or feel of a food using an imitation product. However, the term

6 Imitation Crab Brands, Ranked (Yahoo1y) Imitation crab, sometimes called "crab sticks" or "krab," is a popular substitute for the real deal in a myriad recipes. It's manufactured from a pulverized fish paste known as surimi, typically made

6 Imitation Crab Brands, Ranked (Yahoo1y) Imitation crab, sometimes called "crab sticks" or "krab," is a popular substitute for the real deal in a myriad recipes. It's manufactured from a pulverized fish paste known as surimi, typically made

Back to Home: <https://staging.massdevelopment.com>