

CRAB CAKE

	OZ	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT	SAT FAT	TRANS FAT/ SLICE	CHOLESTERAL MG	SODIUM MG	TOTAL CARBS G	DIETARY FIBER G	SUGARS G	PROTEIN G	VITAMIN A %	VITAMIN C %	CALCIUM MG	IRON MG
3" BRIOCHE BUN	1.1	100	35	1.5	1	0	5	140	15	1	3	3	0.0415	0	30	0.4
CRAB CAKE	2.75	150	130	5	2	0	25	320	19	1	2	8	0	0	4	2
LETTUCE	0.025	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
TOMATO	0.05	3.3	0	0	0	0	0	0	1.26	0	0.021	0	0	1.05	0	0
BOOM SAUCE	1	150	100	16	2.5	0	15	250	0	2	0	2	0	0	0	0
TOTAL	4.925	403.3	265	22.5	5.5	0	45	710	35.26	4	5.021	13	0.0415	1.05	34	2.4
ADD ITEMS																
2ND PATTY	2.75	150	130	5	2	0	25	320	19	1	2	8	0	0	4	2
BACON	0.75	100	72	0.0745	2.925	0	20.27	359.5	0.9	0	1.425	5.595	0.065	0.205	0.04	0
FRIED EGG	1.62	92	45	6.8	1.97	0	184.5	95.2	69.9	0.4	0	0.38	6.27	10	0	2
AVOCADO	1.5	161	134	14.73	2.137	0	0	7	8.57	6.7	0.66	2.01	1	11	1	0