



Wild Alaska

DUNGENESS CRAB

THE CONNOISSEUR'S CRAB, DISTINCTIVE AND DELICIOUS

With its one-of-a-kind sweet, almost nutty flavor and tender, flaky white meat, Alaska Dungeness Crab is developing a reputation as 'the best kept secret in crab': distinctive yet versatile, and an exceptional value due to its ease of preparation.

HARVESTED FOR QUALITY AND CONSISTENCY

All Alaska Seafood is wild and pure, responsibly managed for continuing abundance. Alaska crab harvesting seasons are timed to ensure optimum quality and are strictly limited to ensure sustainability. Alaska Dungeness Crab is harvested from the pristine, icy waters of the North Pacific and available frozen for year-round use.

AVAILABLE READY TO HEAT AND SERVE

Dungeness Crab can be delivered already cleaned, precooked and frozen, either whole or in clusters—the ultimate 'convenience' food, ready to heat and serve, hot or cold. A limited amount is available live, an unparalleled indulgence that makes an impressive statement of freshness.

TRADITIONAL YET INNOVATIVE

Traditionally served whole, hot or cold, with melted butter or dipping sauces, Dungeness Crab is also surprisingly versatile in salads, sandwiches, appetizers, pastas or specialties such as Dungeness Crab Cakes. Thaw and heat gently in a steamer, oven or broiler for hot dishes, or simply heat and chill for salads and cold items.

SUSTAINABLY SOURCED

Alaska has pioneered the standard for sustainable, eco-friendly fisheries management. Unlike many of the world's other fish populations, Alaska's are managed for protection against overfishing and sources of habitat damage. By proactively ensuring a healthy, wild and sustainable harvest, Alaska is protecting its superior seafood for future generations.

The Alaska Seafood logo affirms your support for SUSTAINABLE FISHERIES.



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NUTRITION FACTS

Serving Size: 3.5 oz. (100g)
Cooked, Edible Portion

Calories	110
Protein	22g
Total Fat	1g
Saturated Fat	<0.5g
Sodium	380mg
Cholesterol	75mg
Omega-3 Fatty Acids	400mg



COMMON MARKET NAME:

- Alaska Dungeness Crab

SCIENTIFIC NAME:

- Cancer magister

HARVESTING SEASONS:

- Harvested June through December

SIZES:

- 2-3 lbs. average whole
- Whole crab typically graded: U/2 lbs.; 2/2.5 lbs.; 2.5/3 lbs.; 3 lbs./up

HABITAT:

- Prefer a sandy or muddy bottom
- Generally live in waters shallower than 27 meters, but they have been found in depths down to 182 meters

HARVEST METHOD:

- Pots

FOOD SAFETY:

- HACCP

ADDITIVES:

- None

PRODUCT FORMS:

- Fresh: live; whole cooked or clusters/sections
- Frozen: whole cooked, clusters/sections, picked meat and leg meat

PRODUCT PACKING:

- Whole cooked crab, blast or brine frozen, and packed in 30 lb. cartons
- Clusters/sections bulk frozen in 20, 25, 30 and 40 lb. cartons

FOOD SOURCE:

- Includes worms, clams, mussels, snails, brittle stars, sea stars, sea urchins, sand dollars, barnacles, fish parts, and algae

OTHER INFORMATION:

- Sweet, tender flavor and flaky meat



Wild, Natural & Sustainable®

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For more information and promotional materials, visit the Alaska Seafood Marketing Institute at www.alaskaseafood.org