



# SNOW CRAB



Flaky, delicate and snowy white, this delicacy is truly the sweet and tender queen of crabs. You'll love it steamed and drizzled with butter, tossed into a cool summer salad or mingled with a zesty cocktail sauce. These elegant, all-natural snow crab legs deliver delicious versatility.





▶ **PRODUCT FORMS**



**Clusters**  
5-8, 8-up, 10-up  
& 12-up



**Snap n' Eat**  
Pre-scored, claw on  
Pre-scored claw off



**Cocktail Claws**  
9-12, 12-16, 16-20  
21-25, 26-30 & 31-35  
count

▶ **COOKING METHODS & APPLICATIONS**

**Broiling • Grilling • Baking • Sautéing • Pan-Frying • Deep-Frying**  
**• Poaching • Steaming • Braising • Stewing**

- Excellent as stuffings for various dishes
- Always a sure hit served by itself
- Sweet Rich flavor
- Most common crab

▶ **SELLING POINTS**

- Large variety of product forms
- Abundant stocks
- Surf and turf opportunities
- Often sold in clusters
- Generally low in fat with 1.5grams of fat per 3oz serving

**SNOW CRAB**



<b>Nutrition Facts</b>	
Serving Size 4 oz (113g)	
Servings Per Container 3	
Amount Per Serving	
<b>Calories 135</b>	<b>Calories from Fat 40</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 23g	
Vitamin A 0% • Vitamin C 0%	
Calcium 4% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 60g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	



## ▶ HARVEST MAP



### Snow Crab

*Chionoecetes bairdii, opilio, tanneri*

Season: Jan - Alaska  
Apr - July - Canada, Russia



Harvesting areas



Primary Processing Centers

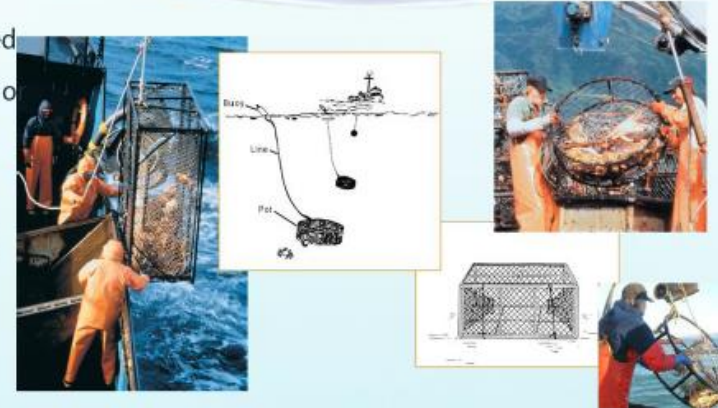


Finished product processing



## ▶ FISHING METHOD

**Pots or Traps:** Rigid devices which are often designed specifically for one targeted species. Generally, pots or traps are baited and equipped with one or more funnel openings; they are left unattended for some time before retrieval. The pots or traps are weighted to rest on the bottom, with marked buoys at the surface.



## ▶ FISHERIES MANAGEMENT

The Alaska fishery is managed by the Crab Rationalization Program, beginning 2006. The details of this program are complex, but in short, quotas are established for catchers as well as processors. The catchers are given both "A" and "B" shares, of which all the "A" shares must be delivered to predetermined processors while the "B" shares can be delivered to any processor they choose.

*Snow crab caught and harvested in Canada and Russia have their own set of fishery management.*

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