



## Crabby Sandwich

Looking for a budget-friendly way to include seafood on your menu? Try this tasty sandwich made with imitation crab.

**Ages:** 6–18 years

**Makes:** 6 servings

**Prep time:** 10 minutes

**Cook time:** 0 minutes

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### INGREDIENTS

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- 6** croissants (at least 68 g or 2 oz each)
- 1 lb 8 oz** surimi seafood, commercially prepared (imitation crab; see chef tips)
- ½ cup** mayonnaise, reduced-fat
- 1 ½ tsp** lemon juice, bottled
- 1 tsp** seafood seasoning
- 6** leaves lettuce, romaine (gently wash lettuce leaves under running water)

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### DIRECTIONS

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- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** Slice croissants in half horizontally (if not pre-sliced).
- 3.** In a medium bowl, combine surimi (imitation crab), mayonnaise, lemon juice, and seafood seasoning. Stir until well-blended.
- 4.** Place  $\frac{2}{3}$  cup seafood mixture and 1 lettuce leaf between each sliced croissant.
- 5.** Cut sandwiches in half crosswise.
- 6.** Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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2 halves Crabby Sandwich

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>436</b>
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<b>Total Fat</b>	<b>20 g</b>
Saturated Fat	9 g
Cholesterol	81 mg
<b>Sodium</b>	<b>525 mg</b>
<b>Total Carbohydrate</b>	<b>44 g</b>
Dietary Fiber	3 g
Total Sugars	9 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>20 g</b>
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Vitamin D	N/A
Calcium	45 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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1 oz eq meat  
2 oz eq grains

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## CHEF TIPS

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- **Contains fish (surimi; imitation crab), eggs (mayonnaise), and wheat (croissant).** Surimi (imitation crab) can be a hidden source of common allergens which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- Sesame can appear as an ingredient in food where it might not be expected (croissants) and may be included in the ingredients statements as “spice” or “flavoring.”
- To credit surimi as a meat/meat alternate:
  - A 4.4-ounce portion of surimi seafood credits as 1.5 ounce equivalent meat/meat alternate;
  - A 3.0-ounce portion of surimi seafood credits as 1.0 ounce equivalent meat/meat alternate; and
  - A 1.0-ounce portion of surimi seafood credits as 0.25 ounce equivalent meat/meat alternate.
- To credit surimi seafood differently than what is listed above, program operators should obtain a Child Nutrition (CN) label or Product Formulation Statement (PFS) from the manufacturer. These products may credit based on the creditable ingredient quantities identified in the CN label or PFS. For more information on crediting surimi, refer to CACFP policy memorandum SP 24 CACFP 11 SFSP 10-2019 Revised “Crediting Surimi Seafood in the Child Nutrition Programs” at [fns.usda.gov/cacfp/policy](http://fns.usda.gov/cacfp/policy).
- Serve a variety of foods during the week to balance out an occasional meal that may be higher in sodium or saturated fat.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.

