***Nutritional Analysis***

***Crab Cakes and Spinach Strawberry Quinoa Salad***

Per Serving

Calories: 570

Protein: 40 g

Carbohydrates: 68 g

Total Fat: 16 g

(Saturated Fat:) 4.5 g

Dietary Fiber:10 g

Cholesterol: 105 mg

Sodium: 920 mg

% calories from fat: 25.5 %

**Serving Size:**

*Six oz. crab cakes with ½ C. white sauce and 1-1/2 C. Spinach Strawberry Quinoa Salad.*