
Deep Sea Red Crab: *Chaceon quinquedens*



Market Forms:	Certified as sustainable by The Marine Stewardship Council the Atlantic deep sea red crab has a brilliant orange smooth shell. Products include live, whole frozen (cooked or raw) fresh and frozen clusters, leg meat, body meat, cocktail claw fingers and snap and eat claws.	
Size:	Average size is 1-2 lbs. or 5 to 7 inches (12.5cm-17.5cm) across the back of the shell.	
Taste/texture:	It has a sweet taste that has been compared to snow crab. The meat is very white and has a distinct red pigment on the outside like a lobster.	
Seasonality:	Available Year Round	
Nutritional Value:	53 Calories	Calories from fat: 0
Serving Size 3 oz.	18g Protein	Calcium: 5%
85g	0.5g Fat	Iron: 3%
	62mg Cholesterol	Sodium: 360mg
Habitat:	Because these crabs are caught at a depth of 2,000 feet, the water temperature stays at a constant 38°, which assures their quality.	
Harvesting:	Red crabs are harvested off the continental shelf, from North Carolina to the Canadian line. The crabs are caught in large conical shaped traps that are left in the water for 24 hours at a time. The crabs are brought dockside live. The fishery is strictly managed by the National Marine Fisheries Service with an annual quota of 3.95 million pounds.	
Safety/Quality:	Virginia's waters and products are regulated by federal and state agencies including the FDA, the Virginia Department of Health, the Virginia Department of Agriculture and Consumer Services, the Virginia Department of Environmental Quality, and the Virginia Marine Resources Commission, insuring that only safe wholesome seafood reaches our customers.	

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