



### Nutrition Facts

Serving Size: 100g/3.5oz. (raw)  
Amount Per Serving  
Source: Nettleton

- ◆ Calories: 95
- ◆ Fat Calories: 17.1
- ◆ Total Fat: 1.9g
- ◆ Saturated Fat: N/A
- ◆ Cholesterol: 78mg
- ◆ Sodium: 276mg
- ◆ Protein: 16.2g
- ◆ Omega-3: N/A

## Jonah Crab Claws

(Cancriidae)

### Jonah Crab - The East Coast's Answer to Dungeness Crab

The most popular seafood among U.S. consumers is shrimp, but a close second is crab. Crabs are found in both cold and warm water, in all parts of the world. The most popular varieties are Dungeness, King Crab, Snow Crab and Jonah crabmeat.

Jonah Crab claws are relatively large and can be an inexpensive substitute for stone crab claws. With only a handful of processors specializing in this fishery, the quality of Jonah and rock crabmeat is very consistent. Landings of Jonah in 2004 amounted to 2,000 MT (4.4 million pounds). In Canada, there continues to be a limited-entry offshore fishery for Jonah crab, during the closed season for lobster. The claws are so well muscled that they are generally a more prized food over legs, which are more typically sought after in other crab species. Jonah meat is more uniformly white with a less sweet taste (although this is the species often known as Atlantic Dungeness).

