



## **Red Crab: *Chacean quinquedens***



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<b>Market Forms:</b>	The Atlantic species of red crab has a brilliant orange smooth shell. Live and frozen (cooked or raw) are available, whole or in clusters. Whole cooked leg meat sections, cocktail claw fingers, body meat and rolled leg meat all packed in one pound vacuum sealed trays.
<b>Size:</b>	Average size is 1-3 lbs. or 5 to 7 inches (12.5cm-17.5cm) across the back of the shell.
<b>Taste/texture:</b>	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.
<b>Seasonality:</b>	Available July through March
<b>Nutritional Value:</b>	29 Calories (1/4 cup, 40g) 6g Protein 0.3g Fat
<b>Habitat:</b>	Because these crabs are caught at a depth of 2,000 feet, the water temperature stays at a constant 38°, which assures their quality.
<b>Harvesting:</b>	Red crabs are harvested off the continental shelf, from North Carolina to the Canadian line. The crabs are caught in large beehive shaped traps that are left in the water for 24 hours at a time. The crabs are brought dockside live. The fishery is managed by the fishery management council and must follow strict harvesting guidelines.
<b>Safety/Quality:</b>	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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