

PRODUCT DESCRIPTION:

Whole wheat flour dumpling wrapper filled with a traditional filling of chicken, cabbage, and green onion

- Each serving of six dumplings provides 2.0 oz of equivalent meat/meat alternate and 2.0 oz equivalent grains
- Less on the label: no added MSG, no artificial flavors added
- Pre-cooked for food safety
- Each case comes with eight bags with 2.5 lbs. of dumplings



MENU APPLICATIONS:

- Can be served as an Asian appetizer, side dish, or entrée

PREP INSTRUCTIONS:

FOR FOOD SAFETY AND QUALITY HEAT BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F
 Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2oz of water to coat. Add 12-14 frozen dumplings then cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, then add ½ oz of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown. Deep-Fry: Pre-heat oil to 350°F, place 12-14 frozen dumplings into a fryer basket. Immerse for 4-5 minutes or until golden brown. Periodically shaking baskets during cook time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes or until cooked through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer 2 minutes. Convection Oven-low fan: Preheat oven to 350°F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake 20 minutes or until cooked through. Let stand 2 minutes before serving. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

INGREDIENTS:

FILLING: CHICKEN, HYDRATED SOY PROTEIN CONCENTRATE (WATER, SOY PROTEIN CONCENTRATE), GREEN CABBAGE, GREEN ONION, CANOLA OIL, WATER, CARROT, SUGAR, SALT, SESAME OIL, ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN. DOUGH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], MALTED BARLEY FLOUR), WATER, MODIFIED CORN STARCH, SALT, CANOLA OIL, WHEAT GLUTEN.

Cooking Method	Temp	Time	Instructions
Pan Fry		5-7 MINUTES	Prepare from frozen state
Deep Fry	350 °F	4 - 5 MINUTES	Prepare from frozen state
Steam		8 MINUTES	Prepare from frozen state
Convection Oven	350 °F	20 MINUTES	Prepare from frozen state

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	10760941104515
Gross Weight:	21.00
Net Weight:	20.00
Each Weight:	3.17
Cube:	1.17
Dimensions (LxWxH):	16 x 12 x 10.5
Cases/Pallet:	80
Tie:	10
High:	8
Frozen Shelf Life (days):	455
Refrigerated Shelf Life (days):	0

ALLERGENS:

Contains Wheat or its Derivatives, Soy or its Derivatives,



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 Sr Director, Scientific & Regulatory Affairs

NUTRITION TEST:

Serving Size:	4 Pieces (90g)	-
Serving Size (grams):	90	-
Serving Size (weight oz):	3.17	-
Eaches/Case:	400	-
Inner Packs/Case:	8	-
Servings/Case:	96	-
Calories:	160	-
Calories From Fat:	40	-
% Calories From Fat:	25%	-
Calories From Saturated Fat:	0	-
% Calories from Saturated Fat:	0%	-
Total Fat:	4.5	6%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	20	7%
Sodium:	360	16%
Potassium:	187	4%
Total Carbohydrate:	21	8%
Total Dietary Fiber:	1	4%
Sugars:	2	-
Added Sugars:	1	2%
Protein:	11	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	24	2%
Iron:	2	10%
Whole Grain:	-	-

* Percent Daily Values are based on a 2,000 calorie diet.

NUTRITION INFORMATION:

Serving Size:	6 Pieces (135g)	-
Serving Size (grams):	135	-
Serving Size (weight oz):	4.76	-
Eaches/Case:	400	-
Inner Packs/Case:	8	-
Servings/Case:	64	-
Calories:	240	-
Calories From Fat:	60	-
% Calories From Fat:	26%	-
Calories From Saturated Fat:	5	-
% Calories from Saturated Fat:	1%	-
Total Fat:	7	9%
Saturated Fat:	0.5	3%
Trans Fat:	0	-
Cholesterol:	35	12%
Sodium:	550	24%
Potassium:	281	6%
Total Carbohydrate:	31	11%
Total Dietary Fiber:	2	7%
Sugars:	3	-
Added Sugars:	1	2%
Protein:	17	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	35	2%
Iron:	3	15%
Whole Grain:	-	-

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