

**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  
 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 for 20 minutes or until heated through. Let stand 2 minutes before serving. 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 sear 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 fry 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 heated through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat for 3 minutes or until dumplings float on top. Reduce heat and simmer for 2 minutes. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

**INGREDIENTS:**

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

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

**SHIPPING INFO / SHELF LIFE:**

**SHIPPING INFO:**

<b>GTIN (Case):</b>	10760941104515
<b>Gross Weight:</b>	21.40
<b>Net Weight:</b>	20.00
<b>Each Weight:</b>	4.80
<b>Cube:</b>	1.17
<b>Dimensions (LxWxH):</b>	16 x 12 x 10.5
<b>Cases/Pallet:</b>	60
<b>Tie:</b>	10
<b>High:</b>	6
<b>Frozen Shelf Life (days):</b>	365
<b>Refrigerated Shelf Life (days):</b>	0

**ALLERGENS:**

Contains Wheat or its Derivatives, Soy or its Derivatives, and Sesame Seeds or Derivatives.

**NUTRITION INFORMATION:**

<b>Serving Size:</b>	6 Pieces (136g)	-
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**NUTRITION INFORMATION:**

<b>Serving Size:</b>	3 Pieces (68g)	-
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<b>Serving Size (grams):</b>	136	-
<b>Serving Size (weight oz):</b>	4.8	-
<b>Eaches/Case:</b>	400	-
<b>Inner Packs/Case:</b>	8	-
<b>Servings/Case:</b>	67	-
<b>Calories:</b>	250	-
<b>Calories From Fat:</b>	60	-
<b>% Calories From Fat:</b>	25%	-
<b>Calories From Saturated Fat:</b>	5	-
<b>% Calories from Saturated Fat:</b>	1%	-
<b>Total Fat:</b>	7	8%
<b>Saturated Fat:</b>	0.5	3%
<b>Trans Fat:</b>	0	-
<b>Cholesterol:</b>	35	11%
<b>Sodium:</b>	530	23%
<b>Potassium:</b>	300	6%
<b>Total Carbohydrate:</b>	31	11%
<b>Total Dietary Fiber:</b>	1	3%
<b>Sugars:</b>	2	-
<b>Added Sugars:</b>	1	3%
<b>Protein:</b>	18	-
<b>Vitamin A:</b>	-	-
<b>Vitamin C:</b>	-	-
<b>Vitamin D:</b>	0	0%
<b>Calcium:</b>	60	4%
<b>Iron:</b>	2	10%
<b>Whole Grain:</b>	-	51%

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

<b>Serving Size (grams):</b>	68	-
<b>Serving Size (weight oz):</b>	2.4	-
<b>Eaches/Case:</b>	400	-
<b>Inner Packs/Case:</b>	8	-
<b>Servings/Case:</b>	136	-
<b>Calories:</b>	120	-
<b>Calories From Fat:</b>	30	-
<b>% Calories From Fat:</b>	26%	-
<b>Calories From Saturated Fat:</b>	0	-
<b>% Calories from Saturated Fat:</b>	0%	-
<b>Total Fat:</b>	3.5	4%
<b>Saturated Fat:</b>	0	2%
<b>Trans Fat:</b>	0	-
<b>Cholesterol:</b>	15	6%
<b>Sodium:</b>	270	12%
<b>Potassium:</b>	150	4%
<b>Total Carbohydrate:</b>	15	6%
<b>Total Dietary Fiber:</b>	1	1%
<b>Sugars:</b>	1	-
<b>Added Sugars:</b>	1	1%
<b>Protein:</b>	9	-
<b>Vitamin A:</b>	-	-
<b>Vitamin C:</b>	-	-
<b>Vitamin D:</b>	0	0%
<b>Calcium:</b>	30	2%
<b>Iron:</b>	1	6%
<b>Whole Grain:</b>	9	51%

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