



## NUTRITION FACTS

Serving size 127 g (4 oz)  
Servings per container 100

Amount per serving	
Calories 190	Calories from Fat 36
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 3g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 1.7mg	<b>10%</b>
Potassium 185mg	<b>4%</b>

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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### Ingredients

**Filling:** Antibiotic Free Chicken, Water, Cabbage, Isolated Soy Protein (isolated soy protein with less than 2% lecithin), Scallion, Soybean Oil, Carrot, Sugar, Salt, Sesame Oil.  
**Wrapper:** Ultra Grain Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water and Salt.

### Allergens

WHEAT, SOY

### Case Specifications

<b>Product code</b>	79017NAE
<b>GTIN</b>	
<b>Pack Size</b>	Bulk 500 pieces approximately
<b>Tie High</b>	10 x 7
<b>Weight</b>	30 lbs
<b>Case L,W,H</b>	15.75" x 12" x 9.63"
<b>Cube</b>	
<b>Serving Size</b>	4.5 oz (5 dumplings)
<b>Servings Per Case</b>	
<b>Shelf Life</b>	18 months from date of manufacture (under frozen and unopened condition)
<b>CN Equivalency</b>	2 M/MA, 2G & 1/8 Cup V (Serving size = 4.5oz)

### Preparation and Cooking

#### HEATING INSTRUCTIONS: REHEAT USING FROZEN DUMPLINGS

**STEAMING (Good):** Place frozen dumplings into a steam tray and insert into steamer preheated to 208 F. Steam product for approximately 6-8 minutes or until thoroughly heated.

**BAKING (Best):** Place frozen dumplings into a hotel pan and lightly spray them with cooking oil. Toss dumplings so the cooking oil is evenly distributed, cover, and bake in an oven preheated to 350 F or 10-12 minutes.