

## 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:

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

## ALLERGENS:

Contains  
Wheat or its Derivatives, Soy or its Derivatives,



*Karen Wilder*

NUTRITION TEST:

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

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

NUTRITION INFORMATION:

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

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*Karen Wilder*

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