

PRODUCT DESCRIPTION:

Whole wheat flour dumpling wrapper filled with filling of edamame, tofu, cabbage, and carrot

- Each serving of six dumplings provides 2.0 oz of equivalent meat alternate and 2.0 oz equivalent grains
- Less on the label: no added MSG, no artificial flavors added
- Pre-cooked for food safety

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 160°F

Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2 oz. 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 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 heated through. Let stand 2 minutes before serving. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

**INGREDIENTS:**

INGREDIENTS: FILLING: EDAMAME, WATER, TOFU (WATER, SOYBEANS, CALCIUM SULFATE, GLUCONO DELTA-LACTONE, MAGNESIUM CHLORIDE), TEXTURED SOY PROTEIN CONCENTRATE, ISOLATED SOY PROTEIN (ISOLATED SOY PROTEIN, LESS THAN 2% LECITHIN), SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), CABBAGE, ONION, SESAME OIL, CONTAINS 2% OR LESS OF: CARROT, COOKED PINTO BEAN POWDER, SUGAR, YEAST EXTRACT, SPICE; WRAPPER: 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 (CANOLA AND/OR SOYBEAN 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):	10072180669701
Gross Weight:	21.00
Net Weight:	20.00
Each Weight:	3.24
Cube:	1.17
Dimensions (LxWxH):	16 x 12 x 10.5
Cases/Pallet:	60
Tie:	10
High:	6
Frozen Shelf Life (days):	365
Refrigerated Shelf Life (days):	0

ALLERGENS:

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

NUTRITION INFORMATION:

Serving Size:	4 Pieces (92g)	-
Serving Size (grams):	92	-
Serving Size (weight oz):	3.24	-

NUTRITION INFORMATION:

Serving Size:	6 Pieces (135g)	-
Serving Size (grams):	135	-
Serving Size (weight oz):	4.76	-

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Eaches/Case:	400	-
Inner Packs/Case:	8	-
Servings/Case:	104	-
Calories:	160	-
Calories From Fat:	30	-
% Calories From Fat:	19%	-
Calories From Saturated Fat:	0	-
% Calories from Saturated Fat:	0%	-
Total Fat:	3.5	4%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	240	10%
Potassium:	210	4%
Total Carbohydrate:	22	8%
Total Dietary Fiber:	3	11%
Sugars:	2	-
Added Sugars:	1	2%
Protein:	11	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	40	4%
Iron:	2.2	10%
Whole Grain:	-	-

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

Eaches/Case:	400	-
Inner Packs/Case:	8	-
Servings/Case:	64	-
Calories:	240	-
Calories From Fat:	45	-
% Calories From Fat:	18%	-
Calories From Saturated Fat:	5	-
% Calories from Saturated Fat:	1%	-
Total Fat:	5	6%
Saturated Fat:	0.5	3%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	360	16%
Potassium:	320	6%
Total Carbohydrate:	33	12%
Total Dietary Fiber:	4	14%
Sugars:	2	-
Added Sugars:	1	2%
Protein:	16	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	50	4%
Iron:	3.3	20%
Whole Grain:	-	-

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