

PRODUCT DESCRIPTION:

Dumpling with a blend of freshly chopped cabbage, celery, carrot, onion, and edamame

- Thin yet sturdy wrapper balances perfectly with the amount of filling
- Easy Prep - pan fry, steam, or deep fry in minutes
- Less on the label: no MSG added
- Pre-cooked for food safety
- Each case come with three bags with 2.5 lbs. of dumplings

MENU APPLICATIONS:

- Can be served as an Asian Appetizer, side dish, or entree



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 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. Fry 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. For use in soup, remove prepared dumplings and place in a bowl with broth and other desired ingredients. **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: CABBAGE, WATER, CARROT, GLASS NOODLE (WATER, SWEET POTATO STARCH, CARRAGEENAN, SALT), WATER CHESTNUT, VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SPINACH, CELERY, ONION, EDAMAME, GREEN ONION, SOY SAUCE (WATER, SOYBEANS, WHEAT, SALT), CONTAINS 2% OR LESS OF: SESAME OIL, SUGAR, METHYLCELLULOSE, DRIED SHIITAKE MUSHROOM, ISOLATED SOY PROTEIN (WITH LESS THAN 2% LECITHIN), MODIFIED FOOD STARCH, YEAST EXTRACT, SALT, SPICE. WRAPPER: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MALTED BARLEY FLOUR), WATER, CONTAINS 2% OR LESS OF: VEGETABLE OIL (SOYBEAN AND/OR CANOLA OIL), SALT.

Cooking Method	Temp	Time	Instructions
Pan-Seared		5-7 MINUTES	Heat before serving
Deep Fry	350 °F	4-5 MINUTES	Heat before serving
Steam		8 MINUTES	Heat before serving
Boil		5 MINUTES	Heat before serving
Convection Oven	350 °F	20 MINUTES	Heat before serving

SHIPPING INFO / SHELF LIFE:

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GTIN (Case):	10072180606959
Gross Weight:	8.35
Net Weight:	7.50
Each Weight:	3.31
Cube:	0.47
Dimensions (LxWxH):	12 x 9 x 7.5
Cases/Pallet:	119
Tie:	17
High:	7
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 (94g)	-
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Serving Size (grams):	94	-
Serving Size (weight oz):	3.31	-
Eaches/Case:	150	-
Inner Packs/Case:	3	-
Servings/Case:	36	-
Calories:	160	-
Calories From Fat:	50	-
% Calories From Fat:	33%	-
Calories From Saturated Fat:	5	-
% Calories from Saturated Fat:	2%	-
Total Fat:	6	8%
Saturated Fat:	0.5	3%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	350	15%
Potassium:	120	2%
Total Carbohydrate:	24	9%
Total Dietary Fiber:	1	4%
Sugars:	2	-
Added Sugars:	1	2%
Protein:	4	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	20	2%
Iron:	1.9	10%
Whole Grain:	-	-

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

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