

**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:**

INGREDIENTS: FILLING: CHICKEN, WATER, SOY PROTEIN CONCENTRATE, CABBAGE, GREEN ONION, CANOLA OIL, CARROT, 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, 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>	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,

**NUTRITION INFORMATION:**

<b>Serving Size:</b>	4 Pieces (90g)	-
<b>Serving Size (grams):</b>	90	-

**NUTRITION INFORMATION:**

<b>Serving Size:</b>	6 Pieces (135g)	-
<b>Serving Size (grams):</b>	135	-

