

# Chicken Dumplings

## Whole Grain

### #79017



A tasty blend of chicken and vegetables in a whole grain wrapper.

#### Nutrition Facts

Serving Size 4.5 oz (127 g)- 5 pieces  
Serving Per Container 100

##### Amount Per Serving

**Calories** 190 Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5 g 7 %

Saturated Fat 1g 4 %

Trans Fat 0g

**Cholesterol** 25mg 9%

**Sodium** 480mg 20%

**Total Carbohydrate** 27g 9%

Dietary Fiber 3g 13%

Sugars 2g

**Protein** 11g

Vitamin A 10% • Vitamin C 8%

Calcium 2% • Iron 10%

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

500 ct - 4.50 oz servings per case  
28.50 lb Net Wt. 31.00 lb Gross Wt.  
Case Pack: 4 / 7.13 lb bag  
Case L x W x H: 15.75" x 12" x 9.63"  
Cube: 1.05 TI x HI: 9 x 6  
Shelf Life: Frozen 18 months at 0°F +/- 10°F  
GTIN# 00856235005439

#### INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

**FILLING:** Chicken, Water, Cabbage, Isolated Soy Protein (Isolated Soy Protein with Less Than 2% Lecithin), Scallion, Soybean Oil, Carrot, Sugar, Sea 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 and Soy

#### BASIC HEATING INSTRUCTIONS:

##### Reheating Frozen Chicken Dumpling

##### Boil:

Place frozen dumplings into hot boiling water for 10-15 minutes or until they start to float to the surface or until internal temperature reaches 165° F. Drain and serve.

##### Oven:

Set temperature for 375° F. Place 10 frozen dumplings into the pan and add about ¼ cup of water. Cook for 8-10 minutes until water evaporate and internal temperature reaches 165° F.

##### Pan Fry (use non-stick pans only):

For 10 dumplings, put 1 tablespoon of oil into hot pan (medium heat). Place frozen dumplings in the pan. Add cold water to cover about 1/5 of the height of the dumplings. Cover the pan and cook in high heat. Turn on medium heat and cook for about 4-5 minutes. Remove lid and continue to cook until all water has evaporated and the bottom of the dumplings are golden brown. \*After water evaporated, carefully monitor the dumplings so they do not burn. Remove from pan and serve.

##### Steam:

Place frozen dumplings into steam tray and steam for 10 minutes or until internal temperature reaches 165° F. Remove from tray and serve.



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