



Asian Food Solutions®

NUTRITION . TASTE . VALUE

GREEN DRAGON - Whole Grain Chicken Dumplings

PRODUCT CODE: 79017

Child Nutrition Equivalency:

2M/MA, 2 Grain & ½ Veg. Each 4.5 oz. (5 pieces) serving of Dumplings provides 2.00 oz. equivalent meat/meat alternate, 2.00 oz equivalent grains, and 1/8 cup other vegetable for the Child Nutrition Meal Pattern Requirements.

Product is a Smart Snack approved Entrée.

Ingredients:

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

Shelf Life and Storage: Frozen, 365 days when product is held at 0° F ± 10° F

***Shelf life is valid as long as package remains sealed and recommended temperatures maintained.**

HEATING INSTRUCTIONS:

Reheat using frozen dumplings

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

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.

Country of Origin:

This product is manufactured in the USA.

Packing Information:

Item Number:	79017
Piece Count:	Approximately 500 ct (100 Servings)
Case Pack:	2 / 14.25 lb (250 ct)
Case Weight, Net:	28.5 pounds
Case Weight, Gross:	31.0 pounds
Case Cube:	1.05
Carton Dimension:	15.75" x 12" x 9.63"
Pallet Pattern:	9 x 6
UPC Code:	856235005439

Nutrition Facts

Serving Size 127 g (4.5 oz)
Servings per Container 1

Amount per Serving

Calories 190 Calories from Fat 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 25mg 9%

Sodium 480mg 20%

Potassium 200mg 6%

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. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat 9 • Carbohydrates 4 • Protein 4

