

**GREEN DRAGON**  
**Whole Grain Chicken Dumplings**  
**PRODUCT CODE: 79017**

**Description:**

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.

**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:**

**Frozen** One year 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:** Use a generous amount of water and boil the dumplings for 4-5 minutes or until they start to float to the surface. Remove dumplings and drain excess water.

**Steam:** Place dumplings into steam tray and steam for 6-7 minutes. Remove from tray and serve.

**Pan Fry:** (Use non-stick pans or grills only) Oil the pan or cooking area turn on high heat for about 1 minute. Place about dumplings flat side down in to the pan and add enough cold water to cover about 1/5 of the height of the dumplings. Cover the dumplings with lid. Turn on medium heat and cook for about 4-5 minutes. Lift the lid and allow excess water to evaporate. Continue to cook for another minute after the water evaporates so that the dumplings turn golden brown. 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:** 4 / 7.13 lb (125ct)  
**Case Weight, Net:** 28.5 pounds  
**Case Weight, Gross:** 29.0 pounds  
**Case Cube:** 1.053  
**Carton Dimension:** 15.75" x 12" x 9.63"  
**Pallet Pattern:** 10 x 7  
**UPC Code:** 856235005439

<b>Nutrition Facts</b>	
Serving Size 127 g (4.5 oz)	
Servings per Container 1	
Amount per Serving	
<b>Calories</b> 190	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>4%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Potassium</b> 200mg	<b>6%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 2g	
<b>Protein</b> 9g	
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

