

PRODUCT DESCRIPTION:

Dumpling with a mix of whole edamame beans, vegetables, and shiitake mushrooms

- 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 added MSG, no artificial flavors added
- Pre-cooked for food safety
- Each case comes with three bags with 2.5 lbs. of dumplings

MENU APPLICATIONS:

- Can be served in soup or 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. Fry 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. 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 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: EDAMAME, CABBAGE, CANOLA OIL, WATER, CHIVE, SCALLION, CARROT, CORN, CONTAINS 2% OR LESS OF: CANE SUGAR, SESAME OIL, GINGER, SEA SALT, DRIED SHIITAKE MUSHROOM, GARLIC, MODIFIED TAPIOCA STARCH, BLACK PEPPER. DOUGH: BLEACHED WHEAT FLOUR, WATER, MODIFIED TAPIOCA STARCH, CONTAINS 2% OR LESS OF: WHEAT GLUTEN, CANOLA OIL, SALT.

Cooking Method	Temp	Time	Instructions
Pan-Seared		5 - 7 MINUTES	Heat before serving
Deep Fry	350 °F	4 - 5MINUTES	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:**SHIPPING INFO:**

GTIN (Case):	10760941261584
Gross Weight:	8.50
Net Weight:	7.50
Each Weight:	3.20
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 (91g)	-
----------------------	----------------	---

Information contained in this document is believed to be accurate and offered in good faith for the benefit of the customer. Nutrition data is calculated and offered for information purposes; some variation can occur depending on several factors. This document may contain proprietary confidential, trade secret or privileged information. Any unauthorized review, use, disclosure or distribution is prohibited and may be a violation of law.

Jason Kerr
Director Regulatory Affairs & Specification Management



Serving Size (grams):	91	-
Serving Size (weight oz):	3.2	-
Eaches/Case:	150	-
Inner Packs/Case:	3	-
Servings/Case:	38	-
Calories:	190	-
Calories From Fat:	60	-
% Calories From Fat:	33%	-
Calories From Saturated Fat:	0	-
% Calories from Saturated Fat:	0%	-
Total Fat:	7	9%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	260	11%
Potassium:	70	2%
Total Carbohydrate:	24	9%
Total Dietary Fiber:	1	4%
Sugars:	2	-
Added Sugars:	1	2%
Protein:	6	-
Vitamin A:	-	-
Vitamin C:	-	-
Vitamin D:	0	0%
Calcium:	36	2%
Iron:	1	6%
Whole Grain:	-	-

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

Information contained in this document is believed to be accurate and offered in good faith for the benefit of the customer. Nutrition data is calculated and offered for information purposes; some variation can occur depending on several factors. This document may contain proprietary confidential, trade secret or privileged information. Any unauthorized review, use, disclosure or distribution is prohibited and may be a violation of law.



Jason Kerr
Director Regulatory Affairs & Specification Management

