

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:

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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,

NUTRITION INFORMATION:

Serving Size:	4 pieces (90g)	-
Serving Size (grams):	90	-

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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.

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