

NUTRITIONAL FACTS

The Perfect Gourmet



QVC.COM

Perfect Gourmet (45) Chicken, Pork or Vegetable Potstickers

Vegetable and Chicken

Nutrition Facts	
Serving Size: 6 potstickers (120g)	
Amount Per Serving	
Calories 180	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 560mg	23%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 10g	
Vitamin A 4% * Vitamin C 30%	
Calcium 6% * 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 300g 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
fat 9	Carbohydrate 4 Protein 4

INGREDIENTS: Filling: Cabbage, Chicken, Sesame Seed Oil, Onion, Soy Sauce (Water, Soybeans, Wheat, Salt), Salt, Soybean Oil, Sugar, Spices, Garlic. Wrapper: Unbleached Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Food Starch, Salt, Soybean Oil.

CONTAINS: Wheat, Soy, Sesame.

FOR FOOD SAFETY. FOLLOW THESE COOKING INSTRUCTIONS. * Pan Frying (Use non-stick pans only): Put approx. 1 1/2 table spoon of vegetable oil into a frying pan. Heat frying pan with medium heat. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are slightly brown. Add cold water into the frying pan to cover 1/4 of the potstickers height. Cover frying pan and cook in high heat Turn to medium heat when most of the water has evaporated. Continue to cook until all the water has evaporated and the bottom of the potstickers are golden brown. * Boiling: Boil a pot of water. Place the frozen potstickers in the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to surface. Turn to medium heat and cook for another 4-5 minutes until potstickers are done. * Steaming: Boil water in steam cooker. Line the steamer with cabbage or lettuce leaves. Place the frozen potstickers in the steamer on top of the leaves. Cover steamer and cook for approximately 15 minutes until potstickers are done. * Deep Frying: Preheat oil to 350 F, place 10 potstickers in heated oil, and cook for 4-5 minutes until potstickers turn golden brown. * Microwave heating: Cover 10 potstickers loosely with wet paper towel and heat on high for 2 minutes. Turn the potstickers over and reheat for another 2 minutes. Potstickers will be heated through but not browned.

KEEP FROZEN



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The Perfect Gourmet
Baltimore, MD 21224

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Perfect Gourmet (45) Chicken, Pork or Vegetable Potstickers Pork and Vegetable

Nutrition Facts	
Serving Size: 5 potstickers (100g)	
Amount Per Serving	
Calories 190	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5 g	7%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 480mg	20%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 8g	
Vitamin A 0% * Vitamin C 15%	
Calcium 0% * Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300g 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
fat	9
Carbohydrate	4
Protein	

INGREDIENTS: Filling: Pork, Cabbage, Onion, Soy Sauce (Water, Soybeans, Wheat, Salt), Sesame Seed Oil, Salt, Garlic, Sugar, Spices. Wrapper: Unbleached Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Food Starch, Salt, Soybean Oil

CONTAINS: Wheat, Soy, Sesame.

FOR FOOD SAFETY. FOLLOW THESE COOKING INSTRUCTIONS. * Pan Frying (Use non-stick pans only): Put approx. 1 1/2 table spoon of vegetable oil into a frying pan. Heat frying pan with medium heat. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are slightly brown. Add cold water into the frying pan to cover 1/4 of the potstickers height. Cover frying pan and cook in high heat. Turn to medium heat when most of the water has evaporated. Continue to cook until all the water has evaporated and the bottom of the potstickers are golden brown. * Boiling: Boil a pot of water. Place the frozen potstickers in the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to surface. Turn to medium heat and cook for another 4-5 minutes until potstickers are done. * Steaming: Boil water in steam cooker. Line the steamer with cabbage or lettuce leaves. Place the frozen potstickers in the steamer on top of the leaves. Cover steamer and cook for approximately 15 minutes until potstickers are done. * Deep Frying: Preheat oil to 350 F, place 10 potstickers in heated oil, and cook for 4-5 minutes until potstickers turn golden brown. * Microwave heating: Cover 10 potstickers loosely with wet paper towel and heat on high for 2 minutes. Turn the potstickers over and reheat for another 2 minutes. Potstickers will be heated through but not browned.

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NUTRITIONAL FACTS

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Perfect Gourmet (45) Chicken, Pork or Vegetable Potstickers Vegetable

Nutrition Facts	
Serving Size: 6 potstickers (120g)	
Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 45g	15%
Dietary Fiber 2g	9%
Sugars 4g	
Protein 4g	
Vitamin A 15% * Vitamin C 30%	
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	Carbohydrate 4 Protein

INGREDIENTS: Filling: Cabbage, Baked Tofu, Vermicelli (Green Beans, Peas), Carrots, Red Cabbage, Soy Sauce (Water, Soybeans, Wheat, Salt), Modified Food Starch, Onion, Sugar, Salt, Soybean Oil, Garlic, Xanthan Gum, Sesame Seed Oil, and Spices.

Wrapper: Unbleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Food Starch, Salt, Soybean Oil

CONTAINS: Soy, Wheat.

FOR FOOD SAFETY, FOLLOW THESE COOKING INSTRUCTIONS. * Pan Frying (Use non-stick pans only): Put approx. 1 1/2 table spoon of vegetable oil into a frying pan. Heat frying pan with medium heat. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are slightly brown. Add cold water into the frying pan to cover 1/4 of the potstickers height. Cover frying pan and cook in high heat. Turn to medium heat when most of the water has evaporated. Continue to cook until all the water has evaporated and the bottom of the potstickers are golden brown. * Boiling: Boil a pot of water. Place the frozen potstickers in the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to surface. Turn to medium heat and cook for another 4-5 minutes until potstickers are done. * Steaming: Boil water in steam cooker. Line the steamer with cabbage or lettuce leaves. Place the frozen potstickers in the steamer on top of the leaves. Cover steamer and cook for approximately 15 minutes until potstickers are done. * Deep Frying: Preheat oil to 350 F, place 10 potstickers in heated oil, and cook for 4-5 minutes until potstickers turn golden brown. * Microwave heating: Cover 10 potstickers loosely with wet paper towel and heat on high for 2 minutes. Turn the potstickers over and reheat for another 2 minutes. Potstickers will be heated through but not browned.

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