

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 150 pc mini potstickers



### MINI POTSTICKERS VEGETABLE

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | APPROX. 50 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

**Pan-Fry:** Put approx. 1.5 tablespoons of oil in a nonstick frying pan. Heat on medium heat. Add frozen potstickers and heat until golden brown, about 5 minutes. Serve.

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add frozen potstickers and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For more of a meal, add udon or ramen noodles.

**Boil:** Add frozen potstickers to a pot of boiling water and heat 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and heat on high for 1-2 minutes.

**Air Fryer:** Lightly spray with oil. Cook frozen potstickers at 375°F for 5-6 minutes, shaking the basket once halfway through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

**Ingredients:**

Filling: Cabbage, Vermicelli (Water, Sweet Potato Starch), Broccoli, Carrots, Edamame, Water Chestnuts (Water Chestnuts, Water, Citric Acid), Onion, Modified Food Starch, Soy Sauce (Water, Wheat, Soybeans, Salt), Hoisin Sauce (Sugar, Water, Miso (Water, Soybeans, Rice, Salt), Plum Puree, Soy Sauce (Water, Wheat, Soybeans, Salt), Garlic, Vinegar, Caramel Color, Modified Corn Starch, Salt, Spices, Xanthan Gum, Citric Acid), Green Onion, Soybean Oil, Salt, Ginger, Sesame Oil, Black Pepper. Dough: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt. Contains: Wheat, Soy, Sesame.

KEEP FROZEN. NET WT 1.21 LBS (19.40 OZ)

### Nutrition Facts

About 7 servings per container  
Serving size 7 pieces (77g)

Amount per serving  
**Calories 110**

	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 270mg	12%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 92mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



### MINI POTSTICKERS PORK & VEGETABLE

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | APPROX. 50 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

**Pan-Fry:** Put approx. 1.5 tablespoons of oil in a nonstick frying pan. Heat on medium heat. Add frozen potstickers and heat until golden brown, about 5 minutes. Serve.

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add frozen potstickers and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For more of a meal, add udon or ramen noodles.

**Boil:** Add frozen potstickers to a pot of boiling water and heat 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and heat on high for 1-2 minutes.

**Air Fryer:** Lightly spray with oil. Cook frozen potstickers at 375°F for 5-6 minutes, shaking the basket once halfway through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

**Ingredients:**

Filling: Pork, Cabbage, Onion, Sugar, Sesame Oil, Garlic, Soybean Oil, Salt, Soy Sauce (Water, Wheat, Soybeans, Salt), Black Pepper, Ginger. Dough: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt. Contains: Wheat, Soy, Sesame.

KEEP FROZEN. NET WT 1.21 LBS (19.40 OZ)



### Nutrition Facts

About 7 servings per container  
Serving size 7 pieces (77g)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 310mg	13%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 67mg	2%

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# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 150 pc mini potstickers



### MINI POTSTICKERS CHICKEN & BROCCOLI

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | APPROX. 50 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

**Pan-Fry:** Put approx. 1.5 tablespoons of oil in a nonstick frying pan. Heat on medium heat. Add frozen potstickers and heat until golden brown, about 5 minutes. Serve.

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add frozen potstickers and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For more of a meal, add udon or ramen noodles.

**Boil:** Add frozen potstickers to a pot of boiling water and heat 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and heat on high for 1-2 minutes.

**Air Fryer:** Lightly spray with oil. Cook frozen potstickers at 375°F for 5-6 minutes, shaking the basket once halfway through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

### Nutrition Facts

About 7 servings per container  
Serving size 7 pieces (77g)

Amount per serving	
<b>Calories</b>	<b>120</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 87mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Ingredients:**

Filling: Chicken, Cabbage, Broccoli, Sugar, Soybean oil, Onion, Sesame oil, Salt, Oyster Flavored Sauce (Water, Sugar, Salt, Oyster Extractives (Oyster, Water, Salt), Modified Corn Starch, Caramel Color), Soy Sauce (Water, Wheat, Soybeans, Salt), Garlic, Black Pepper, Ginger, Herbs Flakes (Basil, Marjoram, Rosemary, Oregano, Thyme, Ground Sage), DOLLIGHT: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt. Contains: Soy, Sesame, Shellfish (Oyster).

KEEP FROZEN.

NET WT 1.21 LBS (19.40 OZ)



### MINI POTSTICKERS CHICKEN & VEGETABLE

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | APPROX. 50 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

**Pan-Fry:** Put approx. 1.5 tablespoons of oil in a nonstick frying pan. Heat on medium heat. Add frozen potstickers and heat until golden brown, about 5 minutes. Serve.

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add frozen potstickers and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For more of a meal, add udon or ramen noodles.

**Boil:** Add frozen potstickers to a pot of boiling water and heat 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and heat on high for 1-2 minutes.

**Air Fryer:** Lightly spray with oil. Cook frozen potstickers at 375°F for 5-6 minutes, shaking the basket once halfway through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

### Nutrition Facts

About 7 servings per container  
Serving size 7 pieces (77g)

Amount per serving	
<b>Calories</b>	<b>130</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 2g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 61mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Ingredients:**

Filling: Chicken, Cabbage, Water, Soybean Oil, Onion, Sugar, Garlic, Corn Starch, Salt, Chicken Broth Powder (Chicken Stock, Salt, Spices), Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Oil, Ginger Powder, Black Pepper, Yeast Extract. Dough: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt. Contains: Wheat, Soy, Sesame.

KEEP FROZEN.

NET WT 1.21 LBS (19.40 OZ)



# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 150 pc mini potstickers

THE PERFECT  
**Gourmet**

### MINI POTSTICKERS ASIAN STYLE BBQ PORK

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | 50 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

**Pan-Fry:** Put approx. 1.5 tablespoons of oil in a nonstick frying pan. Heat on medium heat. Add frozen potstickers and heat until golden brown, about 5 minutes. Serve.

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add frozen potstickers and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For more of a meal, add udon or ramen noodles.

**Boil:** Add frozen potstickers to a pot of boiling water and heat 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and heat on high for 1-2 minutes.

**Air Fryer:** Lightly spray with oil. Cook frozen potstickers at 375°F for 5-6 minutes, shaking the basket once halfway through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

### Nutrition Facts

About 7 servings per container  
**Serving size 7 pieces (77g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 83mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

#### Ingredients:

Filling: Pork, Cabbage, Onion, Hoisin Sauce (Sugar, Water, Miso (Water, Soybeans, Rice, Salt), Plum Puree, Soy Sauce (Water, Soybeans, Wheat, Salt), Garlic, Vinegar, Caramel Color, Modified Corn Starch, Salt, Spices, Xanthan Gum, Citric Acid), Sesame Oil, Garlic, Salt, Cooking Wine (Rice, Water, Wheat, Salt, Caramel), Soy Sauce (Water, Soybeans, Wheat, Salt), Sugar, Spice Powder (Cinnamon, Citrus Peel, Aniseed, Cloves, Fennel, Licorice, Saffron, Turmeric, White Pepper), Dough: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt. Contains: Sulfite, Wheat, Soy, Sesame.

KEEP FROZEN.

NET WT 1.21 LBS (19.40 OZ)

