

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 100 pc Potstickers

THE PERFECT  
**Gourmet**

### Chicken & Vegetable Potstickers

Since our potstickers are fully cooked. Just heat & eat!

**PANFRY:** Add 1-1/2 tablespoons oil to a nonstick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet, in a single layer. Cook until bottoms are golden. Remove from heat & cover. Let sit to steam for 2-3 minutes, or until centers are heated through.

**AIRFRY:** Lightly spray frozen potstickers with cooking spray and place in basket. Airfry at 375°F for 6-7 minutes, shaking basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

**MICROWAVE:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. over with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

#### INGREDIENTS

**Filling:** Cabbage, Chicken, Soybean Oil, Sugar, Onion, Sesame Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Salt, Garlic, Black Pepper, Ginger.

**DOUGH:** Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Salt.

**CONTAINS:** Wheat, Soy, Sesame.

**NET WT. 19.40 OZ (1.21 LBS) 550g**

Manufactured for The Perfect Gourmet Swedesboro, NJ 08085

KEEP FROZEN

25 Pcs



Nutrition Facts	
about 4 servings per container	
Serving size 6 pieces (132g)	
Amount per serving	
<b>Calories</b>	<b>220</b>
% Daily Value*	
<b>Total Fat</b> 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 620mg	27%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 207mg	4%

\*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.



THE PERFECT  
**Gourmet**

### Pork & Vegetable Potstickers

Since our potstickers are fully cooked. Just heat & eat!

**PANFRY:** Add 1-1/2 tablespoons oil to a nonstick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet, in a single layer. Cook until bottoms are golden. Remove from heat & cover. Let sit to steam for 2-3 minutes, or until centers are heated through.

**AIRFRY:** Lightly spray frozen potstickers with cooking spray and place in basket. Airfry at 375°F for 6-7 minutes, shaking basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

**MICROWAVE:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. over with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

#### 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, Soybean Oil, Salt.

**CONTAINS:** Wheat, Soy, Sesame.

**NET WT. 19.40 OZ (1.21 LBS) 550g**

Manufactured for The Perfect Gourmet Swedesboro, NJ 08085

KEEP FROZEN

25 Pcs



Nutrition Facts	
about 4 servings per container	
Serving size 6 pieces (132g)	
Amount per serving	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 530mg	23%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 139mg	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.



# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 100 pc Potstickers



### Kung Pao Pork Potstickers

Since our potstickers are fully cooked. Just heat & eat!

**PANFRY:** Add 1-1/2 tablespoons oil to a nonstick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet, in a single layer. Cook until bottoms are golden. Remove from heat & cover. Let sit to steam for 2-3 minutes, or until centers are heated through.

**AIRFRY:** Lightly spray frozen potstickers with cooking spray and place in basket. Airfry at 375°F for 6-7 minutes, shaking basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

**MICROWAVE:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. over with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

#### INGREDIENTS

**Filling:** Pork, Cabbage, Water Chestnuts(Water Chestnuts, Water, Citric Acid), Light Brown Sugar, Onion, Garlic, Salt, Green onion, Sesame oil, Soybean Oil, Soy Sauce(Water, Wheat, Soybeans, Salt), Ginger, Red Crushed Pepero, Black Pepper.

**DOUGH:** Enriched Flour(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Salt.

**CONTAINS: Wheat, Soy, Sesame.**

**NET WT. 19.40 OZ (1.21 LBS) 550g**

Manufactured for The Perfect Gourmet Swedesboro, NJ 08085

KEEP FROZEN

### Nutrition Facts

About 4 servings per container  
Serving size 6 pieces (132g)

Amount per serving	250	% Daily Value*
<b>Calories</b>	<b>250</b>	
<b>Total Fat</b> 10g		13%
Saturated Fat 2.5g		13%
Trans Fat 0g		
<b>Cholesterol</b> 20mg		7%
<b>Sodium</b> 560mg		24%
<b>Total Carbohydrate</b> 32g		12%
Dietary Fiber 1g		4%
Total Sugars 6g		
Includes 0g Added Sugars		0%
<b>Protein</b> 10g		
Vitamin D 0mcg		0%
Calcium 25mg		2%
Iron 2mg		10%
Potassium 139mg		2%

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25 Pcs



### Classic Vegetable Potstickers

Since our potstickers are fully cooked. Just heat & eat!

**PANFRY:** Add 1-1/2 tablespoons oil to a nonstick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet, in a single layer. Cook until bottoms are golden. Remove from heat & cover. Let sit to steam for 2-3 minutes, or until centers are heated through.

**AIRFRY:** Lightly spray frozen potstickers with cooking spray and place in basket. Airfry at 375°F for 6-7 minutes, shaking basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

**MICROWAVE:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

#### INGREDIENTS

**Filling:** Cabbage, Vermicelli (Water, Sweet Potato Starch), Broccoli, Carrots, Water Chestnuts(Water Chestnuts, Water, Citric Acid), Edamame, 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, Sesame Oil, Black Pepper. **DOUGH:** Enriched Flour(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Salt. **CONTAINS: Wheat, Soy, Sesame.**

**NET WT. 19.40 OZ (1.21 LBS) 550g**

Manufactured for The Perfect Gourmet Swedesboro, NJ 08085

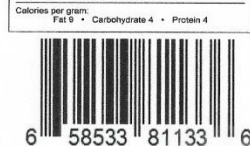
KEEP FROZEN

### Nutrition Facts

About 4 Servings servings per container  
Serving size 6 pieces (132g)

Amount per serving	180	% Daily Value*
<b>Calories</b>	<b>180</b>	
<b>Total Fat</b> 2.5g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 440mg		19%
<b>Total Carbohydrate</b> 36g		13%
Dietary Fiber 2g		7%
Total Sugars 3g		
Includes 0g Added Sugars		0%
<b>Protein</b> 5g		
Vitamin D 0mcg		0%
Calcium 33mg		2%
Iron 2mg		10%
Potassium 193mg		4%

\*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.



Approx. 25 Pcs.