

NUTRITIONAL FACTS

THE PERFECT GOURMET

Sesame Teriyaki Chicken Potstickers(40ct)

Nutrition Facts

Serving size 6 pieces (136g)

Amount Per Serving

Calories 230

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 610mg 27%

Total Carbohydrate 32g 12%

Dietary Fiber 1g 4%

Total Sugars 3g

includes 1g Added Sugars 2%

Protein 15g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 3mg 15%

Potassium 207mg 4%

*The % Daily Value tell 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS

Filling: Chicken, Onion (Fresh Onion, Dry Onion), Soy Sauce [Water, Soybeans, Salt, Wheat Flour, Sodium Benzoate (less than 1/10 of 1% as preservative)], Cooking Wine (Water, Alcohol, Salt), Mirin [Corn Syrup, High Fructose Corn Syrup, Water, Fermented Rice Seasoning, Vinegar, Sodium Benzoate: less than 1/10 of 1% as a Preservative. Contains Sulfites], Sugar, Sesame Oil, Garlic, Salt and Ginger

Dough: Wheat Flour, Water, Wheat Gluten, Corn Starch and Salt **Contains** Wheat, Soybean and Sesame

