

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Classic Chicken Potstickers

### Chicken

<b>Nutrition Facts</b>	
Serving Size 6 potstickers (120g)	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 30
<b>% Daily Value*</b>	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 560mg	<b>23%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Proteins</b> 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
Saturated 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 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.

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Classic Pork Potstickers

Pork

<b>Nutrition Facts</b>	
Serving Size 5 potstickers (100g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 1g	<b>6%</b>
Sugars 2g	
<b>Proteins</b> 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 calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated 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 4

**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.

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Classic Vegetable Potstickers

### Vegetable

<b>Nutrition Facts</b>	
Serving Size 6 potstickers (120g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 210	Calories from Fat 10
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 550mg	<b>23%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 4g	
<b>Proteins</b> 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
Saturated 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 4

**INGREDIENTS:** Filling: Cabbage, Baked Tofu, Vermicelli (Green Beans, Peas), Carrots, Red Cabbage, Soy Sauce (Water, Soybeans, Wheat, Salt), Modified Food Starch, Onion, Sugar, Yeast Extract, Salt, Soybean Oil, Garlic, 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:** Wheat, Soy, Sesame.

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Mini Chicken Potstickers



### Mini Classic Chicken Dumplings (Potstickers)

**KEEP FROZEN**

**Perfect Party Size**

#### HEATING INSTRUCTION: HEAT FROM FROZEN

**Pan Fry:** Put approx. 1.5 tablespoon of oil in a non stick frying pan. Heat on medium heat. Add 10-12 FROZEN wontons and heat until golden brown, about 5 minutes. Serve

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add FROZEN wontons and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For an even heartier meal, add udon or ramen noodles.

**Boil:** Add 10-12 FROZEN wontons to a pot of boiling water and heat for 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place 12 FROZEN wontons 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 at 375 for 5-6 minutes, shaking the basket once halfway through

#### INGREDIENTS

**Filling:** Chicken, Cabbage, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium benzoate : Less than 1/10 of 1% as a preservative), Canola Oil, Sugar, Onion, Sesame Oil, Garlic, Salt, Black Pepper Powder.

**Dough:** Wheat Flour, Water, Modified Tapioca Starch, Wheat Gluten, Salt, Soybean Oil.

**Contains:** Wheat, Soy

**NET. WT. 16.64 oz (1.04 lbs) 472.5 g Approx. 45 - 47 pcs**

Manufactured for The Perfect Gourmet

Towson, Maryland 21204



www.theperfectgourmet.com

#### Nutrition Facts

Serving Size 13 pieces (137g)  
Servings Per Container about 3.4

Amount Per Serving

**Calories 240** **Calories from Fat 60**

% Daily Value\*

Total Fat 7g **11%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 630mg **26%**

Total Carbohydrate 28g **9%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 14g

Vitamin A 0% • Vitamin C 20%

Calcium 2% • Iron 15%

\*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

Saturated 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

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Mini Pork Potstickers



### Mini Classic Pork Dumplings (Potstickers)

**KEEP FROZEN**

**Perfect Party Size**

#### HEATING INSTRUCTION: HEAT FROM FROZEN

**Pan Fry:** Put approx. 1.5 tablespoon of oil in a non stick frying pan. Heat on medium heat. Add 10-12 FROZEN wontons and heat until golden brown, about 5 minutes. Serve

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add FROZEN wontons and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For an even heartier meal, add udon or ramen noodles.

**Boil:** Add 10-12 FROZEN wontons to a pot of boiling water and heat for 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place 12 FROZEN wontons 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 at 375 for 5-6 minutes, shaking the basket once halfway through

#### INGREDIENTS

**Filling:** Pork, Cabbage, Onion, Soy Sauce (Water, Wheat, Soybeans, Salt, Sodium benzoate : Less than 1/10 of 1% as a preservative), Water, Sugar, Sesame Oil, Garlic, Salt, Black Pepper Powder.

**Dough:** Wheat Flour, Water, Modified Tapioca Starch, Wheat Gluten, Salt, Soybean Oil.

**Contains** Wheat, Soy

**NET. WT. 16.64 oz (1.04 lbs) 472.5 g Approx. 45 - 47 pcs**

Manufactured for The Perfect Gourmet

Towson, Maryland 21204



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#### Nutrition Facts

Serving Size 13 pieces (137g)  
Servings Per Container about 3.4

Amount Per Serving

**Calories 290** Calories from Fat 120

% Daily Value\*

**Total Fat** 13g **20%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 630mg **26%**

**Total Carbohydrate** 28g **9%**

Dietary Fiber 2g **8%**

Sugars 3g

**Protein** 14g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • Iron 15%

\*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

Saturated 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

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Mini Vegetable Potstickers



### Mini Classic Vegetable Dumplings (Potstickers)

**KEEP FROZEN FULLY COOKED**

**Perfect Party Size**

#### HEATING INSTRUCTION: HEAT FROM FROZEN

**Pan Fry:** Put approx. 1.5 tablespoon of oil in a non stick frying pan. Heat on medium heat. Add 10-12 FROZEN wontons and heat until golden brown, about 5 minutes. Serve

**Wonton Soup:** Bring Chicken or Vegetable broth to a boil, add FROZEN wontons and heat for 1-2 minutes. Add baby bok choy and green onion and season to taste. For an even heartier meal, add udon or ramen noodles.

**Boil:** Add 10-12 FROZEN wontons to a pot of boiling water and heat for 1-2 minutes. Drain, remove excess water and serve.

**Microwave:** Place 12 FROZEN wontons 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 at 375°F for 5-6 minutes, shaking the basket once halfway through

#### INGREDIENTS

**Filling:** Green Cabbage, Rehydrated Bean Thread [Water, Bean Thread (Sweet Potato Starch, Carrageenan, Salt)], Tofu (Water, Soybean, Calcium Sulfate, Glucono delta-lactone, Magnesium Chloride), Carrot, Rehydrated Potato Flake [Water, Potato Flake (Potatoes, Mono&diglycerides, Sodium acid pyrophosphate, Citric Acid), Onion, Scallion, Sesame Oil, Sugar, Seasoning (Yeast Extract, Flavoring, Salt), Salt, Oat Fiber, Soy Protein Concentrate, Garlic Powder, Modified Corn Starch, Black Pepper

**Dough:** Wheat Flour, Water, Modified Tapioca Starch, Wheat Gluten, Salt, Soybean Oil

**Contains:** Wheat, Soy

**NET WT. 16.7 oz (1.04 lbs) (473 g)    Approx. 45 - 47 pcs**

Manufactured for The Perfect Gourmet    Towson, Maryland 21204

[www.theperfectgourmet.com](http://www.theperfectgourmet.com)

#### Nutrition Facts

About 6 servings per container  
Serving size **8 pieces(84g)**

Amount Per Serving  
**Calories 130**

% Daily Value\*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 400mg **17%**

Total Carbohydrate 23g **8%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 1g Added Sugars **2%**

Protein 5g

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 2mg **10%**

Potassium 68mg **2%**

\*The % Daily Value 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.

