Mini Classic Chicken Dumplings (Potstickers)

KEEP FROZEN

HEATING INSTRUCTION: HEAT FROM FROZEN

Pan Fry: Put approx. 1 1/2 tablespoons 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
NUTRITIONAL FACTS

The Perfect Gourmet

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°F 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.


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

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Nutrition Facts

Serving Size 11 pieces (137g)
Servings Per Container about 5.4

Calories 290 Calories from Fat 120

% Daily Value

Total Fat 13g 20%
Saturated Fat 4.5g 23%
Trans Fat 0g
Cholesterol 35mg 12%
Sodium 635mg 26%
Total Carbohydrate 21g 7%
Dietary Fiber 2g 8%
Sugars 3g
Protein 14g

Vitamin A 10% • Vitamin C 10%
Calcium 2% • Iron 15%

Daily Value may be higher or lower depending on your daily calorie needs

Filling: Green Cabbage, Rehydrated Bean Thread (Water, Bean Thread (Sweet Potato Starch, Carageenan, Salt)), Tofu, Water, Soybeans, Calcium Sulfate, Guinoce delta lactone, Magnesium Chloride, Carrot, Rehydrated Potato Flakes (Water, Potato Flakes (Potatoes, Monosodium Glutamate, Sodium acid pyrophosphate, Citric Acid), Onion, Scallion, Sesame Oil, Sugar, Seasoning (Yeast Extract, Flavored), 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
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