NUTRITIONAL FACTS

THE PERFECT GOURMET

Classic Potstickers

THE PERFECT Gourmet

Chicken And Vegetable Potstickers

FOR FOOD SAFETY, FOLLOW THESE HEATING INSTRUCTIONS

Pan Frying: (Use Non-Stick Pans only): Put Approx. 1 1/2 table spoon of vegetable oil into a frying pan. Heat frying pan with medium heat. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are slightly brown. Add cold water into the frying pan to cover 1/4 of the potstickers height. Cover frying pan and cook in high heat. Turn to medium heat when most of the water has evaporated. Continue to cook until all the water has evaporated and the bottom of the potstickers are golden brown. Boiling: Boil a pot of water. Place the frozen potstickers in the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to the surface. Turn to medium heat and cook for another 4-5 minutes until potstickers are done. Deep Frying: Preheat oil to 350 F. Place 10 potstickers in heated oil, and cook for 4-5 minutes until potstickers are golden brown.

Microwave Heating: Cover 10 potstickers loosely with wet paper towel and heat on high for 2 minutes. Turn the potstickers over and reheat for another 2 minutes. Potstickers will be heated through but not browned.

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

Allergens: Wheat, Soy, Sesame

35 Count • Net Weight 1.53 lbs/bag
Manufactured for The Perfect Gourmet, Towson, Maryland 21204 • www.theperfectgourmet.com

Nutrition Facts
Serving Size 6 Potstickers
Servings per Bag, Approx 6
Amount Per Serving
Calories 180

% Daily Value*
Total Fat 9g
5%
Saturated Fat 0.5g
3%
Trans Fat 0g
Cholesterol 20mg
7%
Sodium 560mg
23%
Total Carbohydrate 27g
9%
Dietary Fiber 2g
8%
Sugars 2g
Protein 10g

Vitamin A 4%  Vitamin C 30%
Calcium 06%  Iron 10%

Calories: 2,000 2,500
Total Fat  Less Than 66g  80g
Saturated Fat  Less Than 20g  25g
Cholesterol  Less Than 300mg  340mg
Sodium  Less Than 2,400mg  2,400mg
Total Carbohydrate  300g  375mg
Fiber  25g  30g

 Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

KEEP FROZEN
**Pork And Vegetable Potstickers**

**FOR FOOD SAFETY, FOLLOW THESE HEATING INSTRUCTIONS**

**Pan Frying:** (Use Non-Stick Pans only): Put Approx. 1 1/2 table spoon of vegetable oil into a frying pan. Heat frying pan with medium heat. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are slightly brown. Add cold water into the frying pan to cover 1/4 of the potstickers height. Cover frying pan and cook in high heat. Turn to medium heat when most of the water has evaporated. Continue to cook until all the water has evaporated and the bottom of the potstickers are golden brown. **Boiling:** Boil a pot of water. Place the frozen potstickers in the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to the surface. Turn to medium heat and cook for another 4-5 minutes until potstickers are done. **Deep Frying:** Preheat oil to 350 F, Place 10 potstickers in heated oil, and cook for 4-5 minutes until potstickers are golden brown.

**Microwave Heating:** Cover 10 potstickers loosely with wet paper towel and heat on high for 2 minutes. Turn the potstickers over and reheat for another 2 minutes. Potstickers will be heated through but not browned.

**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

**Allergens:** Wheat, Soy, Sesame

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>6 Potstickers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings per Bag</td>
<td>Approx. 6</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td>Calories: 180</td>
</tr>
<tr>
<td></td>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>3g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>0.5g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>20mg</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>560mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>27g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
<td>2g</td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
<td>2g</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>10g</td>
</tr>
</tbody>
</table>

Vitamin A 4%    Vitamin C 30%
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.

Nutritional panel based on 6.0 oz

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>180</td>
<td>3g</td>
<td>27g</td>
<td>10g</td>
</tr>
</tbody>
</table>

**KEEP FROZEN**

35 Count • Net Weight 1.53lbs/bag

Manufactured for The Perfect Gourmet, Towson, Maryland 21204 • www.theperfectgourmet.com
Vegetable Potstickers

FOR FOOD SAFETY, FOLLOW THESE HEATING INSTRUCTIONS

**Pan Frying:** (Use Non-Stick Pans only): Put Approx. 1 1/2 tablespoon of vegetable oil into a frying pan. Heat frying pan with medium heat. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are slightly brown. Add cold water into the frying pan to cover 1/4 of the potstickers height. Cover frying pan and cook in high heat. Turn to medium heat when most of the water has evaporated. Continue to cook until all the water has evaporated and the bottom of the potstickers are golden brown. **Boiling:** Boil a pot of water. Place the frozen potstickers in the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to the surface. Turn to medium heat and cook for another 4-5 minutes until potstickers are done. **Deep Frying:** Preheat oil to 330 F, Place 10 potstickers in heated oil, and cook for 4-5 minutes until potstickers are golden brown. **Microwave Heating:** Cover 10 potstickers loosely with wet paper towel and heat on high for 2 minutes. Turn the potstickers over and reheat for another 2 minutes. Potstickers will be heated through but not browned.

**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 Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Food Starch, Salt, Soybean Oil

**Allergens:** Wheat, Soy, Sesame

Manufactured for The Perfect Gourmet, Towson, Maryland 21204 • www.theperfectgourmet.com

**KEEP FROZEN**
**NUTRITIONAL FACTS**

**THE PERFECT GOURMET**

---

**Vegetable Edamame Potstickers**

*FOR FOOD SAFETY, FOLLOW THESE HEATING INSTRUCTIONS*

**Pan Frying:** (Use Non-Stick Pans only): Put Approx. 1 1/2 tablespoons of vegetable oil into a frying pan. Heat frying pan with medium heat. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are slightly brown. Add cold water into the frying pan to cover 1/4 of the potstickers height. Cover frying pan and cook in high heat. Turn to medium heat when most of the water has evaporated. Continue to cook until all the water has evaporated and the bottom of the potstickers are golden brown. **Boiling:** Boil a pot of water. Place the frozen potstickers in the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to the surface. Turn to medium heat and cook for another 4-5 minutes until potstickers are done. **Deep Frying:** Preheat oil to 350°F. Place 10 potstickers in heated oil, and cook for 4-5 minutes until potstickers are golden brown.

**Microwave Heating:** Cover 10 potstickers loosely with wet paper towel and heat on high for 2 minutes. Turn the potstickers over and reheat for another 2 minutes. Potstickers will be heated through but not browned.

**Ingredients:** Filling, Cabbage, Edamame (Young Soybeans), Vermicelli (Green Beans, Peas), Carrots, Soy Sauce (Water, Soybeans, Wheat, Salt), Modified Food Starch, Sugar, Onion, Yeast Extract, Salt, Soybean Oil, Garlic, Black Pepper.

**WRAPPER:** Unbleached Wheat Flour Enriched (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Food Starch, Salt, Soybean Oil

**Allergens:** Soy, Wheat

---

**KEEP FROZEN**

35 Count • Net Weight 1.53lbs/bag

Manufactured for The Perfect Gourmet, Towson, Maryland 21204 • www.theperfectgourmet.com

---

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size: 5 Potstickers</th>
<th>Servings per Bag: Approx. 6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>170</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>480mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>34g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugars</td>
<td>3g</td>
</tr>
</tbody>
</table>

**Nutrient Values:**

- Vitamin A 15%
- Vitamin C 20%
- Calcium 4%
- Iron 10%

*Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less Than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less Than 300mg</td>
<td>340mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less Than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
<td>375mg</td>
</tr>
<tr>
<td>Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

**Calories per gram:**

- Fat 9 • Carbohydrate 4 • Protein 4