

# NUTRITIONAL FACTS

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

### Nutrition Facts

Serving Size 6 Potstickers  
Servings per Bag: Approx 6

Amount Per Serving	
Calories 180	
% Daily Value*	
<b>Total Fat 3g</b>	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 20mg</b>	7%
<b>Sodium 560mg</b>	23%
<b>Total Carbohydrate 27g</b>	9%
Dietary Fiber 2g	8%
Sugars 2g	
<b>Protein 10g</b>	
Vitamin A 4%	Vitamin C 30%
Calcium 06%	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 5.9 oz fillet	
Calories:	2,000 2,500
Total Fat	Less Than 65g 80g
Sat 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**

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Vegetable Potstickers

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**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**

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Nutrition Facts	
Serving Size 6 Potstickers Servings per Bag: Approx 6	
Amount Per Serving Calories 210	
% Daily Value*	
<b>Total Fat 1g</b>	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 550mg</b>	23%
<b>Total Carbohydrate 45g</b>	15%
Dietary Fiber 2g	9%
Sugars 4g	
<b>Protein 4g</b>	
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: *Nutritional panel based on 5.9 oz fillet	
Calories:	2,000 2,500
Total Fat	Less Than 65g 80g
Sat 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	

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# NUTRITIONAL FACTS

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## 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

35 Count • Net Weight 1.53lbs/bag

Manufactured for The Perfect Gourmet, Towson, Maryland 21204 • [www.theperfectgourmet.com](http://www.theperfectgourmet.com)

Nutrition Facts	
Serving Size 5 Potstickers	
Servings per Bag: Approx 7	
Amount Per Serving	
Calories 190	
% Daily Value*	
<b>Total Fat 5g</b>	8%
Saturated Fat 1.5g	7%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	5%
<b>Sodium 480mg</b>	20%
<b>Total Carbohydrate 28g</b>	9%
Dietary Fiber 1g	6%
Sugars 2g	
<b>Protein 8g</b>	
Vitamin A 4%	Vitamin C 30%
Calcium 06%	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 5.9 oz fillet	
Calories:	2,000 2,500
Total Fat	Less Than 65g 80g
Sat 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	

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## Vegetable Edamame 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, 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**

35 Count • Net Weight 1.53lbs/bag

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### Nutrition Facts

Serving Size 5 Potstickers

Servings per Bag: Approx 6

Amount Per Serving

Calories 170

% Daily Value\*

Total Fat 1.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 480mg 20%

Total Carbohydrate 34g 11%

Dietary Fiber 2g 10%

Sugars 3g

Protein 5g

Vitamin A 15% Vitamin C 20%

Calcium 4% 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 5.9 oz fillet

Calories: 2,000 2,500

Total Fat Less Than 65g 80g

Sat 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

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