

NUTRITIONAL FACTS

EGG HARBOR

45-count Mini Chicken Pot Stickers

Ingredients:

Filling: Chicken, Cabbage, Soy Sauce (Water, Soybeans, Wheat, Salt), Canola Oil, Sugar, Onion, Sesame Oil, Garlic, Salt, Black Pepper.

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

Contains: Soy, Wheat.

Preparation Instructions

Fully Cooked; cook from Frozen.

Pan Fry: Put approximately 1.5 tablespoon of oil in a nonstick frying pan. Heat on medium heat. Add 10-12 frozen pot stickers and heat until golden brown, about 5 minutes per side, or until internal temperature of 165°F. Serve.

Nutrition Facts	
About 6 servings per container	
Serving size	8 Pieces (84g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 390mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes <1g Added Sugars	2%
Protein 9g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	8%
Potassium 0mg	0%
Vitamin A 0mcg	0%
Vitamin C 0mg	0%
*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.	

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45-Count Original Japanese Ebi Style Fried Shrimp

Ingredients: Shrimp, Wheat Flour, Water, Starch, Corn Flour, Shortening, Salt, Sugar, Guar Gum, Yeast, Sodium Tripolyphosphate, Calcium Carbonate, Seasoning (Amino Acid), Yeast Food.

Contains: Wheat, Palm Oil, Shellfish.

Preparation Instructions

Cook from Frozen.

Conventional Oven: Place onto a non-stick baking pan. Bake at 400°F for 12-15 minutes, or until shrimp are crisp outside and with an internal temperature of 145°F.

NUTRITION FACTS	
12 servings per container	
Serving size	4oz (113.4g)
Amount Per Serving	
Calories	123
% Daily Value *	
Total Fat 1g	1 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 57mg	19 %
Sodium 839mg	36 %
Total Carbohydrate 17g	6 %
Dietary Fiber 1g	4 %
Total Sugars 2g	
Protein 12g	
Vitamin D 0mcg	0 %
Calcium 44mg	5 %
Iron 0mg	0 %
Potassium 85mg	2 %
* The % Daily Value (DV) 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.	

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36-count Lobster Puffs

Ingredients:

Pastry: Flour, Butter, Water, Salt, Cream of Tartar.

Filling: Lobster, Mayonnaise (Pure Vegetable Soya, Canola Oils, Egg Yolks, Vinegar, Water, Salt, Sugar & Spices), Water, Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Oil, Milk, Eggs, Salt, Lemon Juice (Water, Lemon Juice Concentrate, Less than 2% Lemon Oil, Sodium).

Contains: Shellfish, Wheat, Eggs, Milk, Soy.

Preparation Instructions

Do not thaw; cook from Frozen.

Conventional Oven: Place onto a non-stick baking pan. Bake at 390°F for 14-16 minutes, or until center reaches 160°F. Carefully remove from oven and let rest 1 minutes prior to serving.

Nutrition Facts	
18 servings per container	
Serving size 2 pieces (71g)	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 430mg	19%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.9mg	6%
Potassium 100mg	2%
* The % Daily Value (DV) 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.	