

NUTRITIONAL FACTS

THE PERFECT GOURMET

100 pc Mini Potstickers Chicken, Pork, Vegetable or Kung Pao Pork



Mini Classic Vegetable Potstickers

KEEP FROZEN FULLY COOKED

PREPARATION INSTRUCTIONS

FOR FOOD SAFETY AND QUALITY HEAT BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F.

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

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

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

Microwave: Place 12 FROZEN potstickers 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.

Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

INGREDIENTS

FILLING: Green Cabbage, Bean Thread (Water, Sweet Potato Starch), Tofu (water, soybean, calcium sulfate, glucono delta-lactone, magnesium chloride), Broccoli, Chives, Onion, Carrots, Potato Flakes (Potatoes, Mono And Diglycerides, Sodium Acid Pyrophosphate, Citric Acid), Soybean Oil, Starch (Corn Starch, Modified Food Starch), Soy Sauce (Water, Wheat, Soybeans, Salt), Salt, Sugar, Sesame oil, Black Pepper.

DOUGH: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour) Water, Tapioca starch, Wheat Gluten, Soybean Oil, Salt. **CONTAINS: Wheat, Soy, Sesame.**

NET WT. 19.40 OZ. (1.21 LBS.) 550g Approx. 50 Pcs

Manufactured for The Perfect Gourmet Swedesboro, NJ 08085

Nutrition Facts	
About 7 servings per container	
Serving size 7 pieces (77g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 77g	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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Mini Kung Pao Pork Potstickers

KEEP FROZEN FULLY COOKED

PREPARATION INSTRUCTIONS

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

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

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

Microwave: Place 12 FROZEN potstickers 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.

Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

INGREDIENTS

FILLING: Pork, Cabbage, Water Chestnuts (Water Chestnuts, Water, Citric Acid), Light Brown Sugar, Onion, Garlic, Salt, Green onion, Sesame oil, Soybean Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Ginger, Red Crushed Pepper, Black Pepper.

DOUGH: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour) Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt.

CONTAINS: Wheat, Soy, Sesame

NET WT. 19.40 OZ. (1.21 LBS.) 550g

50 Pcs

Manufactured for The Perfect Gourmet Swedesboro, NJ 08085



Nutrition Facts	
about 7 servings per container	
Serving size 7 pieces (77g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	8%
Sodium 320mg	14%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	8%
Potassium 82mg	2%

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



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Mini Classic Chicken Potstickers

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Air Fryer: Lightly spray with oil. Cook at 375°F for 5-6 minutes, shaking the basket once halfway through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

INGREDIENTS

FILLING: Chicken, Cabbage, Water, Soybean Oil, Onion, Sugar, Garlic, Corn Starch, Salt, Chicken Broth Powder(chicken stock, salt, spices), Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Oil, Ginger Powder, Black Pepper, Yeast Extract.

DOUGH: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt.

CONTAINS: Wheat, Soy, Sesame

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Nutrition Facts	
About 7 servings per container	
Serving size	7 pieces (77g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat	4g 5%
Saturated Fat	0.5g 3%
Trans Fat	0g
Cholesterol	20mg 7%
Sodium	410mg 18%
Total Carbohydrate	17g 6%
Dietary Fiber	0g 0%
Total Sugars	2g
Includes	1g Added Sugars 2%
Protein	7g
Vitamin D	0mcg 0%
Calcium	12mg 0%
Iron	1mg 0%
Potassium	51mg 2%

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Air Fryer: Lightly spray with oil. Cook at 375°F for 5-6 minutes, shaking the basket once halfway through. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.

INGREDIENTS

FILLING: Pork, Cabbage, Onion, Water, Sugar, Sesame oil, Salt, Garlic, Soybean oil, Corn Starch, Soy Sauce(Water, Wheat, Soybeans, Salt), Ginger Powder, Black Pepper, Yeast Extract.

DOUGH: Enriched Flour(Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour),Water, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt.

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About 7 servings per container	
Serving size	7 pieces (77g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat	8g 10%
Saturated Fat	2.5g 13%
Trans Fat	0g
Cholesterol	15mg 5%
Sodium	340mg 15%
Total Carbohydrate	17g 6%
Dietary Fiber	1g 4%
Total Sugars	2g
Includes	1g Added Sugars 2%
Protein	6g
Vitamin D	0mcg 0%
Calcium	15mg 2%
Iron	1mg 0%
Potassium	57mg 2%

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