

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 25pc Potstickers with 10 pc Springroll



### POTSTICKERS CHICKEN & VEGETABLE

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | 25 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

**Pan-Fry:** Add 1-1/2 tablespoons oil to a non-stick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet in a single layer. Cook until potsticker bottoms are golden. Remove from heat and cover. Let sit for 2 to 3 minutes to allow them to steam until centers are heated through.

**Steam:** Place a wire rack or bamboo steamer over a pot of boiling water. Place frozen potstickers on the rack or steamer, in a single layer. Cover and steam for 3 to 5 minutes or until tender and centers are heated through. (Be careful not to overcook these.) Carefully remove the steamer or potstickers from the pan; steam will be very hot.

**Air Fry:** Lightly spray frozen potstickers with cooking spray and place in basket. Air-fry at 375°F for 6 to 7 minutes, shaking the basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

**Oven "Fried":** Preheat oven to 375°F. Place frozen potstickers in a bowl and lightly toss with oil. Place potstickers on a rimmed baking sheet. Bake 15 to 20 minutes or until potstickers are golden and centers are heated through.

**Deep-Fry:** Fill a soup pot, deep skillet, or electric deep fryer, no more than half full with peanut or vegetable oil. Heat oil to 350°F. Use a thermometer to maintain this temperature or set electric fryer to this temperature. (Do not overheat or leave unattended.) Carefully place a few frozen potstickers in oil. (Never allow oil to get more than halfway up pan to avoid splashing!) Cook until crispy, golden, and centers are heated through.

**Microwave:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

### Nutrition Facts

4 servings per container  
Serv sz. 6 pieces (132g)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>220</b>	
<b>Total Fat</b> 6g		8%
Saturated Fat 1g		2%
Trans Fat 0g		
<b>Cholesterol</b> 35mg		12%
<b>Sodium</b> 570mg		25%
<b>Total Carbohydrate</b> 29g		11%
Dietary Fiber 1g		4%
Total Sugars 4g		
Includes 2g Added Sugars		4%
<b>Protein</b> 12g		
Vitamin D 0mcg		0%
Calcium 25mg		2%
Iron 2mg		10%
Potassium 209mg		4%

\*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.



**Ingredients:**  
FILLING: Chicken, Cabbage, Onion, Soybean Oil, Sugar, Sesame Oil, Soy Sauce (Water, Wheat, Soybeans, Salt), Salt, Garlic, Black Pepper, Ginger. DOUGH: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Salt. CONTAINS: Wheat, Soy, Sesame.

KEEP FROZEN.

NET WT 1.21 LBS (19.40 OZ)



### POTSTICKERS VEGETABLE

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | 25 PIECES

For food safety and quality, heat before eating to an internal temperature of 165°F.

**Pan-Fry:** Add 1-1/2 tablespoons oil to a non-stick skillet. Heat over medium heat until oil is hot. Place frozen potstickers in skillet in a single layer. Cook until potsticker bottoms are golden. Remove from heat and cover. Let sit for 2 to 3 minutes to allow them to steam until centers are heated through.

**Steam:** Place a wire rack or bamboo steamer over a pot of boiling water. Place frozen potstickers on the rack or steamer, in a single layer. Cover and steam for 3 to 5 minutes or until tender and centers are heated through. (Be careful not to overcook these.) Carefully remove the steamer or potstickers from the pan; steam will be very hot.

**Air Fryer:** Lightly spray frozen potstickers with cooking spray and place in basket. Air-fry at 375°F for 6 to 7 minutes, shaking the basket halfway through, or until potstickers are crispy, golden, and centers are heated through.

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**Deep-Fry:** Fill a soup pot, deep skillet, or electric deep fryer, no more than half full with peanut or vegetable oil. Heat oil to 350°F. Use a thermometer to maintain this temperature or set electric fryer to this temperature. (Do not overheat or leave unattended.) Carefully place a few frozen potstickers in oil. (Never allow oil to get more than halfway up pan to avoid splashing!) Cook until crispy, golden, and centers are heated through.

**Microwave:** Place frozen potstickers on a microwave-safe dish lined with a wet paper towel. Cover with another wet paper towel and microwave on high for about 2 minutes or until hot. (Time may vary based on your microwave.)

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

### Nutrition Facts

About 4 servings per container  
Serving size 6 pieces (132g)

Amount per serving		% Daily Value*
<b>Calories</b>	<b>180</b>	
<b>Total Fat</b> 2.5g		3%
Saturated Fat 0g		0%
Trans Fat 0g		
<b>Cholesterol</b> 0mg		0%
<b>Sodium</b> 440mg		19%
<b>Total Carbohydrate</b> 36g		13%
Dietary Fiber 2g		7%
Total Sugars 3g		
Includes 0g Added Sugars		0%
<b>Protein</b> 5g		
Vitamin D 0mcg		0%
Calcium 33mg		2%
Iron 2mg		10%
Potassium 193mg		4%

\*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.

**Ingredients:**

Filling: Cabbage, Vermicelli (Water, Sweet Potato Starch), Broccoli, Carrots, Water Chestnuts (Water Chestnuts, Water, Citric Acid), Edamame, Onion, Modified Food Starch, Soy Sauce (Water, Wheat, Soybeans, Salt), Hoisin Sauce (Sugar, Water, Miso (Water, Soybeans, Rice, Salt), Plum Puree, Soy Sauce (Water, Wheat, Soybeans, Salt), Garlic, Vinegar, Caramel Color, Modified Corn Starch, Salt, Spices, Xanthan Gum, Citric Acid), Green Onion, Soybean Oil, Salt, Ginger, Sesame Oil, Black Pepper. Dough: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Soybean Oil, Salt. Contains: Wheat, Soy, Sesame.

KEEP FROZEN.

NET WT 1.21 LBS (19.40 OZ)



# NUTRITIONAL FACTS

THE PERFECT GOURMET

## 25pc Potstickers with 10 pc Springroll

THE PERFECT  
**Gourmet**

**Chicken Spring Roll**  
**KEEP FROZEN FULLY COOKED**



**HEATING INSTRUCTIONS:**

**Air Fry:** Heat from frozen. Preheat to 400°F with rack in the center. Air Fry for 12 minutes.  
**Oven:** Heat from frozen. Preheat oven to 400°F. Bake for 16-18 minutes.  
**Toaster:** Thaw spring rolls by microwaving for 30 seconds on HIGH setting. Add 10 seconds for each additional roll. Remove and place inside the toaster oven. Toast for 10 minutes.

**INGREDIENTS:**

**FILLING:** Chicken, Cabbage, Carrots, Scallions, Napa Cabbage, Sugar, Contains 2% Or Less Of Thai Basil, Sesame Oil, Garlic, Modified Corn Starch, Soy Sauce Powder [Soy Sauce [Soybeans, Wheat, Salt], Maltodextrin, Salt], Salt, Cooking Wine [Wine [Water, Rice], Salt], Ginger Puree [Ginger, Water], Chili Sauce [Red Chile Peppers, Distilled Vinegar, Salt], Water.

**Wrapper:** Wheat Flour, Water, Salt, Corn Syrup Solids. Fried In Soybean And/Or Sesame Oil

**Contains:** Wheat, Soy, Sesame.

5-1.8 oz Spring Rolls  
Net Wt. 9oz.

Manufactured for RFG, Swedesboro, NJ 08085

P1343

### Nutrition Facts

5 servings per container  
Serving size **1 spring roll (51g)**

Calories	Per serving		Per container	
	<b>100</b>	<b>480</b>	<b>100</b>	<b>480</b>
	% DV*	% DV*	% DV*	% DV*
<b>Total Fat</b>	2g	3%	10g	13%
Saturated Fat	0g	0%	1.5g	9%
Trans Fat	0g		0g	
<b>Cholesterol</b>	20mg	6%	95mg	32%
<b>Sodium</b>	300mg	13%	1490mg	65%
<b>Total Carbohydrate</b>	15g	5%	73g	27%
Dietary Fiber	1g	3%	4g	15%
Total Sugars	2g		9g	
Ind. Added Sugars	1g	2%	5g	10%
<b>Protein</b>	4g		21g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	10mg	2%	70mg	6%
Iron	0.6mg	4%	3.2mg	20%
Potassium	100mg	2%	520mg	10%

\*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.  
Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

ITEM# 870

THE PERFECT  
**Gourmet**

**Vegetable Spring Roll**  
**KEEP FROZEN FULLY COOKED**

**HEATING INSTRUCTIONS:**

**Air Fry:** Heat from frozen. Preheat to 400°F with rack in the center. Air Fry for 12 minutes.  
**Oven:** Heat from frozen. Preheat oven to 400°F. Bake for 16-18 minutes.  
**Toaster:** Thaw spring rolls by microwaving for 30 seconds on HIGH setting. Add 10 seconds for each additional roll. Remove and place inside the toaster oven. Toast for 10 minutes.

**INGREDIENTS:**

**FILLING:** Cabbage, Carrots, Onion, Edamame, Tofu Noodle (Soybeans, Water, Calcium Sulfate, Sodium Carbonate, Riboflavin [Vitamin B2]), Kale, Shiitake Mushroom, Contains 2% Or Less Of Soybean Oil, Sugar, Modified Corn Starch, Sesame Oil, Salt, Garlic, Ginger Puree (Ginger, Water), Soy Sauce Powder [Soy Sauce [Soybeans, Wheat, Salt], Corn Starch [Corn Starch, Salt], Salt], Spices, Yeast Extract.

**Wrapper:** Wheat Flour, Water, Salt, Corn Syrup Solids. Fried In Soybean And/Or Sesame Oil

**Contains:** Wheat, Soy, Sesame.

5-1.8 oz Spring Rolls  
Net Wt. 9oz.

Manufactured for RFG, Swedesboro, NJ 08085

P1344

### Nutrition Facts

5 servings per container  
Serving size **1 spring roll (51g)**

Calories	Per serving		Per container	
	<b>80</b>	<b>390</b>	<b>80</b>	<b>390</b>
	% DV*	% DV*	% DV*	% DV*
<b>Total Fat</b>	1.5g	2%	7g	9%
Saturated Fat	0g	0%	1g	5%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	250mg	11%	1290mg	56%
<b>Total Carbohydrate</b>	14g	5%	70g	26%
Dietary Fiber	1g	4%	8g	21%
Total Sugars	2g		8g	
Ind. Added Sugars	<1g	1%	3g	6%
<b>Protein</b>	2g		11g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	20mg	2%	80mg	6%
Iron	0.6mg	4%	3.1mg	15%
Potassium	80mg	2%	380mg	6%

\*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.  
Calories per gram  
Fat 9 • Carbohydrate 4 • Protein 4

ITEM# 871