

NUTRITIONAL FACTS

THE PERFECT GOURMET

50 pc Classic Potstickers



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 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.

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
Calories 220

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 570mg	25%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 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 PORK & 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.

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

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

Amount per serving
Calories 250

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 530mg	23%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 139mg	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.



Ingredients:

Filling: Pork, Cabbage, Onion, Sugar, Sesame Oil, Garlic, Soybean Oil, Salt, Soy Sauce (Water, Wheat, Soybeans, Salt), 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)



NUTRITIONAL FACTS

THE PERFECT GOURMET

50 Pc Classic Potstickers

THE PERFECT
Gourmet

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.

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

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

Amount per serving
Calories 180

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 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)

