

NUTRITIONAL FACTS

Brooklyn Dumplings

Brooklyn Dumplings– Ham & Sweet Potato (27) 1.2 oz. portions

Nutrition Facts	
9 servings per container	
Serving size 3 dumplings (101g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 420mg	18%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	6%
Total Sugars 4g	
Includes 2g Added Sugars	3%
Protein 8g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 2.6mg	15%
Potassium 130mg	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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Honey Ham (Pork, Water, Honey, Salt, Sugar, Contains Less Than 2% of Sodium Lactate, Sodium Diacetate, Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Sweet Potatoes, Water, Rice Flour, Corn (Sweet Corn, Water, Sugar), Onion, Butter (Pasteurized Cream, Natural Flavorings). Contains 2% or Less of Spices, Canola Oil, Wheat Flour, Datem, Dextrose, Soybean Oil, Azodicarbonamide [Ada], Enzymes, Ascorbic Acid, L-Cysteine, Salt, Sugar, Garlic Powder, Vital Wheat Gluten, Yellow Prussiate of Soda.
Contains: Milk, Soy and Wheat.

NUTRITIONAL FACTS

Brooklyn Dumplings

Brooklyn Dumplings – Turkey & Stuffing (27) 1.2 oz. portions

Nutrition Facts		
9 servings per container		
Serving size 3 3/5 oz (102g/Dumplings)		
Amount per serving		
Calories	220	
% Daily Value *		
Total Fat 3.5g	5%	
Saturated Fat 0.5g	3%	
<i>Trans</i> Fat 0g		
Cholesterol 10mg	4%	
Sodium 420mg	18%	
Total Carbohydrate 37g	14%	
Dietary Fiber 3g	10%	
Total Sugars 6g		
Includes 0g Added Sugars	0%	
Protein 10g		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
Iron 1.8mg	10%	
Potassium 120mg	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.		
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Ingredients: Wheat Flour, Bleached, Enriched, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Turkey, Breast, From Whole Bird, Meat Only, With Added Solution, Roasted, Water, Turkey Broth, Modified Corn Starch, Chicken Fat, Contains Less Than 2% of Bleached Wheat Flour, Salt, Cooked White Turkey Meat, Yeast Extract, Natural Flavor, Autolyzed Yeast Extract, Spices, Nonfat Dry Milk, Fruit Juice (Color), Turkey Meat Powder, Onion Powder, Torula Yeast, Black Pepper, Paprika Extract (Color), Soy Lecithin., Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Meal, Sugar, Vegetable Oils (Canola and/or Sunflower and/or Palm), Salt, Contains 2% Or Less Of: Yeast, Onion Powder, Calcium Propionate To extend Freshness, Spices, Celery, Paprika, Malted Barley Flour, Rosemary Extract and Ascorbic Acid To Protect Flavor, Soy Lecithin., Rice Flour, Wheat Flour, Enriched Bleached (Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cranberries, Sugar, Sunflower Oil., Chicken Stock, Salt, Natural Flavoring, Chicken Fat, Yeast Extract, Carrot Juice Concentrate, Celery Juice Concentrate, Onion Juice Concentrate., Onions, Canola Oil, Salt, Bakery Improver, Wheat Flour, Emulsifier (Mono-And Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Malt Flour (Wheat), Anti-Caking Agent (Calcium Carbonate), (E170), Dextrose, Vegetable Oils (Refined Rapeseed Oil), Antioxidant (Ascorbic Acid) (E300), Enzymes, Sugar, Vital Wheat Gluten., Thyme, Sage, Black Pepper, Garlic Powder

Contains: Milk, Soy, Wheat