

NUTRITIONAL FACTS

Brooklyn Dumplings

Brooklyn Dumplings – Mac and Cheese (27) 1.2 oz. portions

Nutrition Facts	
9 servings per container	
Serving size 3 dumpling (102g/3.6oz)	
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 450mg	20%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit D 0.1mcg 0%	• Calcium 100mg 8%
Iron 1.1mg 6%	• Potas 50mg 0%
* 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: Cooked Pasta (Water, Enriched Durum Semolina [Durum Semolina Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid]), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Cheddar Cheese Sauce (Water, Cheese Whey, Palm Oil, Modified Tapioca Starch, Modified Corn Starch, Maltodextrin, Sodium Phosphate, Cheddar Cheese [Milk, Cultures, Salt, Enzymes], Salt, Natural Flavors, Vinegar, Sodium Stearoyl Lactylate, Citric Acid, Mono- and Diglyceries, Phosphoric Acid, Yeast Extract, Annatto [Color], Beta Carotene [Color], Paprika [Color]), Water, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Color], Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), American Cheese (Cultured Pasteurized Milk and Skim Milk, Cream, Salt, Contains Less Than 2% of Sodium Phosphate, Annatto Extract [Color], Apo-Carotenal [Color], Enzymes, Powdered Cellulose [Anticaking]), Rice Flour. Contains 2% or Less of Canola Oil, Salt, Wheat Flour, DATEM, Dextrose, Soybean Oil, Azodicarbonamide [ADA], Enzymes, Ascorbic Acid, L-Cysteine, Sugar, Vital Wheat Gluten, Spice.

Contains: Milk and Wheat.

NUTRITIONAL FACTS

Brooklyn Dumplings

Brooklyn Dumplings–Bacon CheeseBurger (27) 1.2 oz.

Nutrition Facts	
9 servings per container	
Serv. Sz.	3 dumplings (101g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 350mg	15%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0.1mcg	0%
Calcium 140mg	10%
Iron 2mg	10%
Potassium 190mg	4%
<small>* 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.</small>	

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Beef, Water, Rice Flour, Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes, Annatto [Color], Potato Starch, Corn Starch, Dextrose, Calcium Sulfate), Bacon Bits (Pork Cured with Water, Salt, Sodium Phosphates, Sodium Erythorbate, Sodium Nitrite. May Contain Sugar, Brown Sugar, Natural Smoke Flavoring), Onions, American Cheese (Cultured Pasteurized Milk and Skim Milk, Cream, Salt, Contains Less Than 2% of Sodium Phosphate, Annatto Extract [Color], Apo Carotenal [Color], Enzymes, Powdered Cellulose [Anticaking]), Relish (Cucumbers, Water, Vinegar, Salt, Contains Less Than 2% of Calcium Chloride, Lactic Acid, Malic Acid, Xanthan Gum, Potassium Sorbate [Preservative], Alum, Natural and Artificial Flavors, Polysorbate 80, Dehydrated Garlic, Turmeric Extract [Color]). Contains 2% or Less of Ketchup (Tomato Concentrate, High Fructose Corn Syrup, Distilled Vinegar, Corn Syrup, Salt, Spices, Onion Powder, Garlic Powder, Natural Flavors), Canola Oil, Salt, Wheat Flour, DATEM, Dextrose, Soybean Oil, Azodicarbonamide [ADA], Enzymes, Ascorbic Acid, L-Cysteine, Sugar, Vital Wheat Gluten, Spice.

CONTAINS: Milk and Wheat.

NUTRITIONAL FACTS

Brooklyn Dumplings

Brooklyn Dumplings– Chicken Parmasean (27) 1.2 oz.

Nutrition Facts	
9 servings per container	
Serving size 3 dumplings (101g)	
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 490mg	21%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	3%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 1.6mg	8%
Potassium 140mg	2%
<small>* 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.</small>	

Ingredients: Chicken Breast Fillet Fritter (Chicken Breast, Water, Seasoning [Modified Food Starch, Carrageenan], Sugar, Seasoning [Salt, Onion Powder, Yeast Extract, Torula Yeast, Garlic Powder, Spices, Disodium Inosinate and Disodium Guanylate, Silicon Dioxide, Flavor {Hydrolyzed Soy Protein, Autolyzed Yeast Extract, Natural Flavor, Hydrolyzed Corn Protein, Natural Chicken Flavor, Maltodextrin, Chicken Fat, Salt, Silicon Dioxide, Safflower Oil, Thiamine Hydrochloride, Corn Syrup Solids, Disodium Guanylate, Disodium Inosinate}, Paprika, Spice Extractives], Salt, Sodium Phosphates. Breaded with Bleached Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Water, Wheat Flour, Sugar, Salt, Leavening [Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate], Nonfat Dry Milk, Spices, Whole Egg Solids [Dried Whole Eggs, Corn Syrup Solids, Salt], Yeast Extract, Disodium Inosinate and Disodium Guanylate, Paprika, Extractives of Turmeric), Marinara Sauce (Diced Tomato, Crushed Tomato [Water, Concentrated Crushed Tomato], Olive Oil, Cane Sugar, Salt, Garlic, Black Pepper, Oregano, Basil, Citric Acid), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Low Moisture Part Skim Mozzarella and Provolone Cheese Blend (Pasteurized Part Skim and Whole Milk, Cheese Cultures, Salt, Enzymes, Cellulose [to Prevent Caking], Dextrose, Natamycin), Rice Flour. Contains 2% or Less of Canola Oil, Salt, Wheat Flour, DATEM, Dextrose, Soybean Oil, Azodicarbonamide [ADA], Enzymes, Ascorbic Acid, L-Cysteine, Garlic, Sugar, Granulated Garlic, Vital Wheat Gluten, Spices

Contains: Milk, Eggs, Soy, and Wheat

NUTRITIONAL FACTS

Brooklyn Dumplings

Brooklyn Dumplings – Kung Pao Chicken (27) 1.2 oz.

Nutrition Facts	
9 servings per container	
Serving size 3 dumpling (101g)	
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 520mg	23%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 3g Added Sugars	7%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2.3mg	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.	

Ingredients: Chicken Thigh, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Sweed Red Pepper, Rice Flour, Green Onion, Dark Soy Sauce (Water, Soybeans, Sugar, Salt, Wheat Flour), Brown Sugar, Granulated Garlic, Sesame Oil, Canola Oil, Black Vinegar (Water, Glutinous Rice, Wheat Bran, Sugar, Salt), Modified Food Starch, Shaoxing Cooking Wine (Rice Wine [Water, Rice, Wheat], Salt, Caramel), Ginger Puree, Salt, Wheat Flour, Datem, Dextrose, Soybean Oil, Azodicarbonamide, Enzymes, Ascorbic Acid, L-Cysteine, Sugars, Sichuan Peppercorn Powder, Vital Wheat Gluten.

Contains: Sesame, Soy, and Wheat