

NUTRITIONAL FACTS

THE PERFECT GOURMET

100 pc Mini Potstickers



MINI POTSTICKERS PORK & VEGETABLE

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | APPROX. 50 PIECES

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

Pan-Fry: Put approx. 1.5 tablespoons of oil in a nonstick frying pan. Heat on medium heat. Add 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 more of a meal, add udon or ramen noodles.

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

Microwave: Place 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 frozen potstickers 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.

Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

Nutrition Facts

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 310mg	13%
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	6%
Potassium 67mg	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, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt. Contains: Wheat, Soy, Sesame.

KEEP FROZEN.

NET WT 1.21 LBS (19.40 OZ)



MINI POTSTICKERS CHICKEN & BROCCOLI

CHEF-PREPARED | FULLY COOKED | HEAT & EAT | APPROX. 50 PIECES

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Manufactured for The Perfect Gourmet, Swedesboro, NJ 08085

Nutrition Facts

About 7 servings per container
Serving size 7 pieces (77g)

Amount per serving
Calories 120

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 310mg	13%
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	6%
Potassium 87mg	2%

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Ingredients:

Filling: Chicken, Cabbage, Broccoli, Sugar, Soybean oil, Onion, Sesame oil, Salt, Oyster Flavored Sauce (Water, Sugar, Salt, Oyster Extractives (Oyster, Water, Salt), Modified Corn Starch, Caramel Color), Soy Sauce (Water, Wheat, Soybeans, Salt), Garlic, Black Pepper, Ginger, Herbs Flakes (Basil, Marjoram, Rosemary, Oregano, Thyme, Ground Sage). 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: Soy, Sesame, Shellfish (Oyster).

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Calories 130

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Total Fat 4g	8%
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	6%
Potassium 61mg	2%

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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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Calories 110

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Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 92mg	2%

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Ingredients:

Filling: Cabbage, Vermicelli (Water, Sweet Potato Starch), Broccoli, Carrots, Edamame, Water Chestnuts (Water Chestnuts, Water, Citric Acid), 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, Tapioca Starch, Wheat Gluten, Soybean Oil, Salt. Contains: Wheat, Soy, Sesame.

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