HIGHLAND MARKET MERIT

090969 - Chicken And Dumplings

Highland Market Chicken & Dumplings are tender southern style, square, flat dumplings simmered in a subtle chicken broth. Use in chicken & dumplings applications, soups, pot pies, or serve over biscuits. Highland Market Chicken & Dumplings have less sodium than other brands, and their shelf stable, ready-to-use simplicity saves labor and means you get consistent results every t...



MARKETING

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PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
450RV-HLM	090969	10018687000074	12/51 OZ

Brand	Brand Owner	GPC Description
HIGHLAND MARKET MERIT	UNIPRO FOODSERVICE	Chicken - Prepared/Processed

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
41.04 LBR	36 LBR	No	United States	Undeclared	No

Shipping

Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
17.3125 INH	12.875 INH	7.125 INH	0.95 FTQ	8x7	730 Days	50 FAH / 80 FAH

Traceability Regulation

Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors
TRACEABILITY_REGULATION	FSMA204	NOT_APPLICABLE	NOT_COVERED_BY_FTL

Nutrition Facts

6 Servings per container

Serving Size **1 cup**

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 5 g	**6%**
Saturated Fat 1 g	**5%**
Trans Fat 0 g	
Cholesterol 40 mg	**13%**
Sodium 970 mg	**42%**
Total Carbohydrates 26 g	**9%**
Dietary Fiber 1 g	**4%**
Total Sugars 1 g	
Includes Added Sugars	**%**
Protein 14 g	
Vitamin D 0 mcg	0%
Calcium 20 mg	2%
Iron 1.8 mg	10%
Potassium 60 mg	2%

* The % Daily Values (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.

HANDLING SUGGESTIONS

Dry storage: 50 to 80 degree temperature. Keep from freezing.

ALLERGENS

__C__ = 'Contains' ; __MC__ = 'May Contain' ; __N__ = 'Free From' ; __UN__ = 'Undeclared' ; __INII__ = 'Intentionally nor Inherently Included'; __50__ = 'Derived from Ingredients' ; __60__ = 'Not Derived From Ingredients' ; __NI__ = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - C
- Tree - N
- Soybean - N
- Fish - N
- Wheat - C
- Shellfish - NI
- Sesame - NI
- Crustaceans - N
- Molluscs - N

INGREDIENTS

Chicken Broth, Water, Cooked Chicken Meat, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Enriched Durum Wheat Flour (Durum Wheat Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains less than 2% of: Chicken Fat, Salt, Monoglyceride, Food Starch - Modified, Eggs, Flavorings, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Onion Powder, Disodium Inosinate, Disodium Guanylate, Annatto (color), Natural Coloring and Flavoring.

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PREPARATION & COOKING SUGGESTIONS

Convection: Place covered prepared product into 300°F oven for 30–40 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2–3 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10–15 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.

SERVING SUGGESTIONS

Great for chicken & dumplings, soups, pot pies, or serve over biscuits.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	200	**Total Fat**	5 g	**Sodium**	970 mg
Protein	14 g	**Trans Fat**	0 g	**Calcium**	20 mg
Total Carbohydrates	26 g	**Saturated Fat**	1 g	**Iron**	1.8 mg
Sugars	1 g	**Added Sugars**		**Potassium**	60 mg
Dietary Fiber	1 g	**Polyunsaturated Fat**		**Zinc**	
Lactose		**Monounsaturated Fat**		**Phosphorus**	
Sucrose		**Cholesterol**	40 mg		
Vitamin A (IU)		**Vitamin D**	0 mcg	**Thiamin**	
Vitamin A (RE)		**Vitamin E**		**Niacin**	
Vitamin C		**Folate**		**Riboflavin**	
Magnesium		**Vitamin B-6**		**Vitamin B-12**	
Monosodium		**Sulphites**		**Nitrates**	

NUTRITIONAL CLAIMS

MORE IMAGES

