



MARKETING

Thin yet sturdy wrapper balances perfectly with the amount of filling. Easy prep - pan fry, steam, or deep fry in minutes. Less on the label: no added MSG, no artificial flavors added. Pre-cooked for food safety. Each case comes with three bags with 2.5 lbs. of dumplings

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
60582	260546	10760941261256	3 PACKS OF 50 - 0.80 OZ EACH.

Brand	Brand Owner	GPC Description
CHEF ONE®	Twin Marquis Inc.	Dough Based Products / Meals - Not Ready to Eat - Savoury (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
8.5 LBR	7.5 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12 INH	9 INH	7.5 INH	0.469 FTQ	17x7	365 Days	0 FAH / 31 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - C
- Fish - N
- Wheat - C
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

Can be served in soup or as an Asian appetizer, side dish, or entrée

Nutrition Facts

12 Servings per container

Serving Size 4 Pieces (96g)

Amount Per Serving

Calories 156

% Daily Value*

Total Fat 1.6	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 26 mg	8%
Sodium 302.1 mg	14%
Total Carbohydrates 26 g	9%
Dietary Fiber 1 g	4%
Total Sugars 4.2 g	
Includes 3 g Added Sugars	6%
Protein 9.4 g	

Vitamin D 0 mcg	0%
Calcium 20.8 mg	2%
Iron 0.8 mg	4%
Potassium 72.9 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

Master Case; store at a maximum temperature of 0.00 F/ -17.78 C

PREPARATION & COOKING SUGGESTIONS

FOR FOOD SAFETY AND QUALITY HEAT BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F. Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2oz of water to coat. Add 12-14 frozen dumplings then cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, then add ½ oz of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown. Deep-Fry: Pre-heat oil to 350°F, place 12-14 frozen dumplings into a fryer basket. Fry for 4-5 minutes or until golden brown, periodically shaking baskets during cook time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes or until cooked through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer...

MORE INFORMATION

E-mail : CPS.FoodService@schwans.com



NUTRITIONAL ANALYSIS



Calories	156	Total Fat	1.6	Sodium	302.1 mg
Protein	9.4 g	Trans Fat	0 g	Calcium	20.8 mg
Total Carbohydrates	26 g	Saturated Fat	0 g	Iron	0.8 mg
Sugars	4.2 g	Added Sugars	3 g	Potassium	72.9 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	26 mg	Thiamin	
Vitamin A (IU)		Vitamin D	0 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



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