

CHEF ONE®

260353 - SFS CHEF ONE CHICKEN & VEGETABLE WHL-WHT DUMPLING 20....

Whole wheat flour dumpling wrapper filled with a traditional filling of chicken, cabbage, and green onion



**MARKETING**

Each serving of six dumplings provides 2.0 oz of equivalent meat/meat alternate and 2.0 oz equivalent grains. Less on the label: no added MSG, no artificial flavors added. Pre-cooked for food safety. Each case comes with eight bags with 2.5 lbs. of dumplings

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
60585	260353	10760941104515	8 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	
21.4 LBR	20 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16 INH	12 INH	10.5 INH	1.167 FTQ	10x6	365 Days	0 FAH / 31 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS

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

- 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

Eggs - N

Soybean - C

Wheat - C

Sesame - C

Molluscs - N

Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

Nutrition Facts

9 Servings per container

Serving Size6 Pieces (136g)

Amount Per Serving

Calories250

% Daily Value\*

Total Fat 78%

Saturated Fat 0.5 g3%

Trans Fat 0 g

Cholesterol 35 mg11%

Sodium 530 mg23%

Total Carbohydrates 31 g11%

Dietary Fiber 1 g3%

Total Sugars 2 g

Includes 1 g Added Sugars3%

Protein 18 g

Vitamin D 0 mcg0%

Calcium 60 mg4%

Iron 2 mg10%

Potassium 300 mg6%

\* 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.

INGREDIENTS

INGREDIENTS: FILLING: CHICKEN, WATER, SOY PROTEIN CONCENTRATE, CABBAGE, GREEN ONION, VEGETABLE OIL, CARROT, CONTAINS 2% OR LESS OF: SUGAR, SALT, SESAME OIL, ISOLATED SOY PROTEIN WITH LESS THAN 2% LECITHIN. DOUGH: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: MODIFIED FOOD STARCH, SALT, VEGETABLE OIL, WHEAT GLUTEN.

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PREPARATION & COOKING SUGGESTIONS

FOR FOOD SAFETY AND QUALITY HEAT BEFORE EATING TO AN INTERNAL TEMPERATURE OF 165°F

Convection Oven-low fan: Preheat oven to 350°F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake for 20 minutes or until heated through. Let stand 2 minutes before serving.

Convection Oven-low fan (Large Scale): Preheat oven to 350°F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 40-48 frozen dumplings (2 bags)into pan without touching. Add 2 cups of sauce and 1 cup of water. Cover with foil and bake for 30 minutes. Let stand 2 minutes before serving.

Dumplings can be held for 2.5 hours if baked with water and sauce combination; and for 30 minutes if baked with water only.

Pan-Sear: Heat a large nonstick skillet pan...

SERVING SUGGESTIONS

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

MORE INFORMATION

E-mail : CPS.FoodService@schwans.com

NUTRITIONAL ANALYSIS

Calories	184	Total Fat	5.1	Sodium	389.7 mg
Protein	13.2 g	Trans Fat	0 g	Calcium	44.1 mg
Total Carbohydrates	22.8 g	Saturated Fat	0.4 g	Iron	1.5 mg
Sugars	1.5 g	Added Sugars	1 g	Potassium	220.6 mg
Dietary Fiber	0.7 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25.7 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

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