



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	TlxHI	Shelf Life	Storage Temp From/To
16 INH	12 INH	10.5 INH	1.167 FTQ	10x6	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
- Eggs - N
- Soy - C
- Wheat - C
- Sesame - C
- Peanuts - N
- Tree Nuts - N
- Fish - N
- Shellfish - NI

HANDLING SUGGESTIONS

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

MORE INFORMATION

E-mail : CPS.FoodService@schwans.com

SERVING SUGGESTIONS

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

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. 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 sear 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. Immerse for 4-5 minutes or until golden brown, periodically shaking baskets during fry time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooki...

Nutrition Facts

9 Servings per container

Serving Size 6 Pieces (136g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 7	8%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 35 mg	11%
Sodium 530 mg	23%
Total Carbohydrates 31 g	11%
Dietary Fiber 1 g	3%
Total Sugars 2 g	
Includes 1 g Added Sugars	3%
Protein 18 g	
Vitamin D 0 mcg	0%
Calcium 60 mg	4%
Iron 2 mg	10%
Potassium 300 mg	6%

* 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.

NUTRITIONAL ANALYSIS



Calories	184
Protein	13.2 g
Total Carbohydrates	22.8 g
Sugars	1.5 g
Dietary Fiber	0.7 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5.1
Trans Fat	0 g
Saturated Fat	0.4 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	25.7 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	389.7 mg
Calcium	44.1 mg
Iron	1.5 mg
Potassium	220.6 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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