

CHEF ONE®

260559 - SFS CHEF ONE PORK & VEGETABLE DUMPLING NET WT 7.50LBS...

Dumpling with the savory flavor of pork, cabbage and onion



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 MSG 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
60689	260559	10760941972602	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

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 in soup or as an Asian appetizer, side dish, or entrée

PREPARATION & COOKING SUGGESTIONS

FOR FOOD SAFETY AND QUALITY HEAT BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160°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...

Nutrition Facts

12 Servings per container  
Serving Size 4 Pieces (96g)

Amount Per Serving  
Calories 188

% Daily Value*	
Total Fat 7.3	9%
Saturated Fat 2.1 g	10%
Trans Fat 0 g	
Cholesterol 15.6 mg	5%
Sodium 416.7 mg	18%
Total Carbohydrates 21.9 g	8%
Dietary Fiber 1 g	4%
Total Sugars 2.1 g	
Includes 1 g Added Sugars	2%

Protein 7.3 g	
Vitamin D 0.2 mcg	2%
Calcium 20.8 mg	2%
Iron 1.6 mg	8%
Potassium 125 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.

INGREDIENTS

INGREDIENTS: FILLING: PORK, CABBAGE, ONION, WATER, CONTAINS 2% OR LESS OF: SOY SAUCE (WATER, SOYBEAN, WHEAT, SALT), SUGAR, SOY PROTEIN CONCENTRATE, SESAME OIL, SALT, GINGER, YEAST EXTRACT, GARLIC, WHITE PEPPER; WRAPPER: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, CONTAINS 2% OR LESS OF: SOYBEAN OIL, SALT.



NUTRITIONAL ANALYSIS



Calories	188	Total Fat	7.3	Sodium	416.7 mg
Protein	7.3 g	Trans Fat	0 g	Calcium	20.8 mg
Total Carbohydrates	21.9 g	Saturated Fat	2.1 g	Iron	1.6 mg
Sugars	2.1 g	Added Sugars	1 g	Potassium	125 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15.6 mg	Thiamin	
Vitamin A (IU)		Vitamin D	0.2 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



MORE IMAGES

