



**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

**Nutrition Facts**

12 Servings per container

**Serving Size** 4 Pieces (96g)

**Amount Per Serving**

**Calories** 180

% Daily Value\*

<b>Total Fat</b> 7	<b>9%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 15 mg	<b>5%</b>
<b>Sodium</b> 400 mg	<b>17%</b>
<b>Total Carbohydrates</b> 21 g	<b>8%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 2 g	
Includes 1 g Added Sugars	<b>2%</b>
<b>Protein</b> 7 g	
Vitamin D 0.2 mcg	2%
Calcium 20 mg	2%
Iron 1.5 mg	8%
Potassium 120 mg	2%

**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
8.35 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

**SERVING SUGGESTIONS**

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

**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.

**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 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 simme...

**MORE INFORMATION**

E-mail : CPS.FoodService@schwans.com

NUTRITIONAL ANALYSIS



Calories	188
Protein	7.3 g
Total Carbohydrates	21.9 g
Sugars	2.1 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	7.3
Trans Fat	0 g
Saturated Fat	2.1 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	15.6 mg
Vitamin D	0.2 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	416.7 mg
Calcium	20.8 mg
Iron	1.6 mg
Potassium	125 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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