

APPETIZER POT STICKER VEGETABL



VEGETABLE POTSTICKER

Product Last Saved Date:26 September 2018

Nutrition Facts

28 Servings per container

Serving Size 7 Piece(s)

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 3.5 g **5%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 510 mg **21%**

Total Carbohydrate 45 g **15%**

Dietary Fiber 3 g **12%**

Total Sugars 3 g

Includes g Added Sugars %

Protein 6 g

Vitamin D mg %

Calcium mg 4%

Iron mg 10%

Potassium mg %

*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.

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
54009		00076366540092	200 X .7 ONZ	

Brand	Brand Owner	GPC Description
GOLDEN TIGER	Ajinomoto Foods North America Inc.	Sandwiches/Filled Rolls/Wraps (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.75 LBR	8.75 LBR	USA	Undeclared	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.75 INH	8.75 INH	7.25 INH	0.43 FTQ	15x 5	365	-10 FAH / 15 FAH

Ingredients :

Ingredients: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cabbage, Water, Vermicelli (Green Mung Beans, Water), Carrots, Spinach, Shiitake Mushrooms (Water, Dried Shiitake Mushrooms), Contains Less Than 2% Of: Modified Corn Starch, Yeast Extract, Garlic, Rice Flour, Salt, Sugar, Soybean Oil, Spice, Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Seed Oil. CONTAINS: WHEAT, SOY.

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

Eggs - N	Milk - N	Peanuts - N
Soy - C	Wheat - C	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

Store Product for no longer than 365 days after production at a temperature between -10 and 15 degrees

Benefits :

This is a ready to eat product (RTE). Vegan; Versatile with multiple menu applications from soups and salads to appetizers and entrees. Authentic Taste. Potstickers can be steamed, fried, pan-fried or microwaved..

Serving Suggestions :

Serve as an appetizer with a dipping sauce or as a side item to an Entree or Asian Salad

Prep & Cooking Suggestions :

Preparation Type: Heating Instructions Deep Fryer Instructions: Preheat fryer to 350°F. Fry semi-thawed Potstickers for 3 – 4 minutes, frozen 4 – 5 minutes. Microwave Instructions: Place frozen Potstickers on a microwave-safe dish with 2 tablespoons of water and cover with plastic wrap. Allow 40 seconds per Potsticker. Stovetop Skillet Instructions: Pan-Fry Method: Place 2 tbsp. vegetable oil in a medium hot pan (preferably Teflon coated). Place frozen Potstickers in pan, bottom side down. When bottom is golden brown, add 1/3 cup of water. over and steam for 3 minutes. Kitchen Steamer Instructions: Steam cook frozen Potstickers for 7 – 8 minutes.

More Information :

WEBSITE: www.windsorfoods.com 1-800-548-6363