

# WHOLE WHEAT ASIAN CHICKEN DUMPLINGS



## Nutrition Facts

Serving Size 127g (4.5oz)  
Servings per Container: 1

Amount Per Serving	
<b>Calories</b> 190	<b>Calories from Fat</b> 40
<b>% Daily Value *</b>	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>9%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Potassium</b> 200mg	<b>6%</b>
<b>Total Carbohydrates</b> 27g	<b>9%</b>
Dietary Fiber 3g	<b>13%</b>
Sugars 2g	
<b>Protein</b> 11g	
Vitamin A 8%	Vitamin C 8%
Calcium 2%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 ■ Carbohydrate 4 ■ Protein 4

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**Components: 2M/MA, 2G | Portion Size: 5 pieces, 4.5oz | Shelf Life: 12 months frozen**

## INGREDIENTS

**FILLING:** Chicken (all natural, raised without antibiotics), Water, Cabbage, Isolated Soy Protein (isolated soy protein with less than 2% lecithin), Scallion, Soybean Oil, Carrot, Sugar, Sea Salt, Sesame Oil.  
**WRAPPER:** Ultra Grain Whole Wheat Flour, Enriched Wheat Flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Water, Salt.

## HEATING INSTRUCTIONS

**Always cook product from frozen state.**  
**Steam Dumplings at 208 degrees for 6 - 8 minutes.**

## ALLERGIES

Contains Wheat and Soy.

## CASE SIZE

**Net Weight** - 28.52 lbs / 4, 7.13 lb pouches (100 portions)



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