



Van Lang  
1210001 - Vegetable Potsticker

VEGETABLE POTSTICKER (#121000) Colorful vegetables include peas, carrots, and eggs seasoned with garlic, sesame oil and oyster sauce in a crispy potsticker skin..  
Quantity: 1 oz. pieces, 200 per case (4 packs of 50)



\* Benefits

VEGETABLE POTSTICKER (#121000) Colorful vegetables include peas, carrots, and eggs seasoned with garlic, sesame oil and oyster sauce in a crispy potsticker skin..  
Quantity: 1 oz. pieces, 200 per case (4 packs of 50) Preparation Method: Deep fry from frozen in 350F oil for 3-5 minutes. Internal temperature must reach 165F as measured by a thermometer.

Ingredients

INGREDIENTS: FILLING: Cabbage, Spanish Onions, Water Chestnuts (water chestnut, water, citric acid), Egg, Carrots, Green Peas, Sugar, Oyster Flavor Sauce (water, sugar, oyster extractives (oyster, water, salt), salt, modified corn starch, monosodium glutamate, wheat flour, caramel color. Contains wheat), Potato Flakes (potatoes, mono and diglycerides from vegetable oil, disodium dihydrogen pyrophosphate (to promote color retention), and citric acid), Garlic Oil (garlic, soybean oil), Salted Black Bean (black beans and salt), Garlic, Sesame Oil (sesame seed oil), Ginger, Salt, Soy Sauce (water, wheat, soybeans, salt, sodium benzoate: less than 1/10 of 1% as a preservative), Black Pepper, Soybean Oil, WRAPPER: Dumpling Wrapper (enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, soybean oil, less than 0.5% of sorbitol, dough conditioner (distilled monoglycerides), citric acid, potassium sorbate added to retard spoilage. Dusted with cornstarch. Contains: wheat). SEALANT: Liquid Egg.  
COOKING INSTRUCTIONS: Deep fry from frozen in 350F oil for 5 minutes or steam from frozen at 212F for 10-12 minutes.

⚠ Allergens

Contains:

crustaceans eggs soy wheat

Free From:

fish milk peanuts tree nuts

Nutrition Facts

Servings per Container 67  
Serving size 3.0PC (3H87)

Amount per serving  
**Calories 40**

% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 25mg	8%
Sodium 125mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0.4mcg	2%
Calcium 26mg	2%
Iron 0.36mg	2%
Potassium 188mg	4%

\* The % Daily Value (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.

Handling Suggestions

Keep frozen in -20 to 10F freezer.

Serving Suggestions

COOKING INSTRUCTIONS: Deep fry from frozen in 350F oil for 5 minutes or steam from frozen at 212F for 10-12 minutes. Internal temperature must reach 165F as measured by a thermometer.

Prep & Cooking Suggestions

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📄 Product Specifications

Brand	Manufacturer	Product Category
Van Lang	Van Lang Foods	Chips, Snacks, & Candy

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	121000	1210001	00813945020145		200/0.90 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.75lb	11.7lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
14in	9.5in	8.63in	0.66ft3	15x7	237days	-2°F / -5°F



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Nutrition Analysis - By Measure

Calories	40	Total Fat	1g	Sodium	125mg
Protein	2	Trans Fats		Calcium	26mg
Total Carbohydrates...	5g	Saturated Fat	0g	Iron	0.36mg
Sugars	2g	Added Sugars	0g	Potassium	188mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	25mg		
Vitamin A(IU)•		Vitamin D	0.4mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	



Additional Images

