



Ficacci

30694 - Dolmas Stuffed Grape Leaves

Dolmas, from the Turkish verb to stuff, are the culinary legacy of the mighty Ottoman Empire. Dolmas are very versatile; they can be eaten cold or warm. Fresh Pack's Dolmas are the perfect portion for snacking or as an appetizer!



Nutrition Facts

Servings per Container 25
Serving size 1cup (50g)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.55g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	2%
Total Sugars 1g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 29.93mg	2%
Iron 0.36mg	2%
Potassium 0mg	0%

* 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.

* Benefits

Dolmas are grape leaves stuffed with rice. They are a typical Greek Antipasti. Dolmadakia, the Greek word for stuffed grape leaves, is one of the most iconic recipes of Greek cuisine and, although there are many varieties, the meatless version is the most common. In the warmer months, try to find and use fresh grape leaves; they are more tender and flavorful than the jarred types.

Ingredients

Sunflower seeds oil, rice, vine leaves, SOY oil, onion, sea salt, pepper, mint, dill, acidity regulator: citric acid.

⚠ Allergens

Contains:



Free From:



crustaceans



eggs



fish



milk



peanuts



sesame



tree nuts



wheat

Handling Suggestions

Refrigerated UNIT UPC:
817543022198

Serving Suggestions

Dolmas is typically used as antipasti.

Prep & Cooking Suggestions

Just easy-open the pack and enjoy.

✍ Product Specifications

Brand	Manufacturer
Ficacci	Romeo Ficacci S.R.L.

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
817543022198	9DOLMAS	30694	18175430221987		2/4.2 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.5lb	8.9lb	Italy	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.2in	12.59in	4.72in	0.45ft3	9x16	160days	35°F / 37°F



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Nutrition Analysis - By Measure

Calories	60	Total Fat	3g	Sodium	300mg
Protein	1	Trans Fats	0g	Calcium	29.93mg
Total Carbohydrates...	8g	Saturated Fat	0.55g	Iron	0.36mg
Sugars	1g	Added Sugars	0g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

