

Fortune Avenue

31143 - Vegetable Potstickers

Fortune Avenues pork and cabbage potstickers are Chinese dumplings filled with vegetables, these are heat treated and frozen. They require cooking before serving.



	Servings per Container59Serving size6pcs (6H87)			
	Amount per serving Calories	240		
	% Daily Value*			
	Total Fat 3g	5%		
	Saturated Fat 0g	0%		
	Trans Fat			
	Cholesterol 0mg	0%		
	Sodium 520mg	23%		
	Total Carbohydrate 45g	16%		
igh for 4 minutes (110Watts) e hot). Serve or brown the	Dietary Fiber 3g	11%		
ly place the 5 frozen dumplings for 4 minutes, stirring	Total Sugars 4g			
	Includes 2g Added Sugar	4%		
5	Protein 7g			
	Vitamin D 0mcg	0%		
	Calcium 40mg	3%		
neat	Iron 2.7mg	15%		
	Potassium 0mg	0%		

***** Benefits Savory vegetable filling wrapped in wheat dough, Chinese style ravioli Microwave - Completely Submerge 5 potstickers in water with a microwavable dish. Hea or until potstickers are heated thoroughly. Drain water (CAUTION: The water in the dish bottoms in a pan. Boil - Use large uncovered pot with enough water to let the dumplings swim freely. Care into the boiling water once the water is brought back to boil then turn the heat to media occasionally. Drain carefully and serve or brown the bottoms in a pan. Ingredients Allerg FILLING: CABBAGE, TEXTURED SOY FLOUR, BLACK MUSHROOM, BEAN THREAD, CARROTS, CORN, WATER CHESTNUT, SOYBEAN OIL, BROWN SUGAR, GINGER, OATS, SOY SAUCE (WATER, SALT, SOYBEANS, SUGAR, WHEAT FLOUR, SODIUM BENZOATE, DISODIUM 5-INOSINATE & DISODIUM 5-GUANYLATE), SESAME OIL (SESAME OIL, SOYBEAN OIL), SALT, TAPIOCA STARCH, BLACK DEPER **Contains:** 🔘 eggs 🗞 soy Free From: (SESAME OIL, SOYBEAN OIL), SALT, TAPÍOCA STARCH, BLACK PEPPER. WRAPPER: WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, ASCORBIC ACID [VITAMIN C]- ADDED AS A DOUGH CONDITIONER, THIAMIN MONONITRATE, RIBOFLAVIN, ENZYME, FOLIC ACID), WATER, POTATO STARCH, TAPIOCA STARCH, SOYBEAN OIL, XANTHAN GUM, VITAL WHEAT GLUTEN, SALT, DOUGH CONDITIONER (ENRICHED WHEAT FLOUR, ASCORBIC ACID, ENZYMES), SORBITOL. (😴) crustaceans

(()) tree nuts

Handling Suggestions

Serving Suggestions

best served hot

keep frozen

Product Specifications

Brand Manufacturer Product Category Fortune Avenue Fortune Avenue Foods Inc UPC MFG # SPC # GTIN Pack Pack Desc. 1003 31143 6/45.3 OZ Gross Weight Country of Origin Child Nutrition Net Weight Kosher 18.5lb 17lb **United States** No **Shipping Information** Volume TIxHI Shelf Life Length Width Height Storage Temp From/To 18.88in 11.25in 6.5in 0.8ft3 8x12 365days -2°F/-5°F

Prep & Cooking Suggestions

Place 1/3 cup of water in 12-inch non-stick frying pan then place 2 tablespoons of cooking oil into the water. Place the 5 potstickers into the frying pan and cover. Apply medium heat to the pan for 5 minutes. Lift pan to allow water to evaporate



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Nutrition Analysis - By Measure

Calories	240	Total Fat	3g	Sodium	520mg
Protein	7	Trans Fats		Calcium	40mg
Total Carbohydrates…	45g	Saturated Fat	Og	Iron	2.7mg
Sugars	4g	Added Sugars	2g	Potassium	0mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		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



