



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.



Nutrition Facts

Servings per Container **59**
Serving size **6pcs (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%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 2g Added Sugar	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 40mg	3%
Iron 2.7mg	15%
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

Savory vegetable filling wrapped in wheat dough, Chinese style ravioli
Microwave - Completely Submerge 5 potstickers in water with a microwavable dish. Heat on high for 4 minutes (110Watts) or until potstickers are heated thoroughly. Drain water (CAUTION: The water in the dish will be hot). Serve or brown the bottoms in a pan.
Boil - Use large uncovered pot with enough water to let the dumplings swim freely. Carefully place the 5 frozen dumplings into the boiling water once the water is brought back to boil then turn the heat to medium for 4 minutes, stirring occasionally. Drain carefully and serve or brown the bottoms in a pan.

Ingredients

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 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.

Allergens

Contains:

eggs soy wheat

Free From:

crustaceans fish milk peanuts
 tree nuts

Handling Suggestions

keep frozen

Serving Suggestions

best served hot

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

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	Net Weight	Country of Origin	Kosher	Child Nutrition
18.5lb	17lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
18.88in	11.25in	6.5in	0.8ft3	8x12	365days	-2°F / -5°F



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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	0g	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(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

