



HIGHLAND MARKET

# 090969 - Entree Chicken & Dumpling Canned



Marketing Copy

Highland Market Chicken & Dumplings are tender southern style, square, flat dumplings simmered in a subtle chicken broth. Use in chicken & dumplings applications, soups, pot pies, or serve over biscuits. Highland Market Chicken & Dumplings have less sodium than other brands, and their shelf stable, ready-to-use simplicity saves labor and means you get consistent results every time. Each 48 oz. can has 6 one-cup servings, for a total of 72 servings per case.



## Nutrition Facts

Servings per Container 6  
Serving size 1 cup (239g)

Amount per serving  
**Calories 220**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 870mg	<b>38%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 0g Added Sugar	<b>0%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 18mg	<b>1%</b>
Iron 2mg	<b>11%</b>
Potassium 75mg	<b>2%</b>

\* 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

- F #1
- F #2
- F #3
- F #4

### Ingredients

Chicken Broth, Water, Cooked Chicken Meat, Enriched Semolina Flour, Durum Flour and Wheat Flour (Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Fat, Salt, Palm Oil, Monoglyceride, Food Starch - Modified, Eggs, Flavorings, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, Monocalcium Phosphate), Onion Powder, Disodium Inosinate, Disodium Guanylate, Natural Coloring and Flavoring.

### ⚠ Allergens

#### Contains:

🥚 eggs 🌾 wheat

#### Free From:

🦀 crustaceans 🐌 mollusks 🐟 fish  
🥛 milk 🥜 peanuts 🌱 soy 🌰 tree nuts

### Handling Suggestions

Dry storage: 50 to 80 degree temperature. Keep from freezing.

### Serving Suggestions

Great for chicken & dumplings, soups, pot pies, or serve over biscuits.

### Prep & Cooking Suggestions

Convection: Place covered prepared product into 300F oven for 3040 minutes until center reaches 165F.

Conventional: Place covered prepared product into 350F oven for 60 minutes until center reaches 165F.

Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 23 minutes per portion or until center reaches 165F.

Stove Top: Place uncovered prepared product over medium heat for 1015 minutes or until center reaches 165F, stirring occasionally to prevent scorching.

### 📄 Product Specifications

Brand	Manufacturer	Product Category
HIGHLAND MARKET	VANEE FOODS/UNIPRO	Chicken, Further Processed or Prepared

MFG #	SPC #	GTIN	Pack	Pack Desc.
450RV-HLM	090969	10018687000074	12	12/51 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
44lb	43.25lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.3in	13.1in	7.1in	0.93ft3	8x3	0DAYS	40°F / 111°F



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## Nutrition Analysis - By Serving

Calories	220	Total Fat	6g	Sodium	870mg
Protein	15	Trans Fats	0g	Calcium	18mg
Total Carbohydrates...	25g	Saturated Fat	2.5g	Iron	2mg
Sugars	1g	Added Sugars	0g	Potassium	75mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
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

