



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\*

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

\* 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

