

PRODUCT DESCRIPTION:

Steamed potstickers feature a blend of pork, cabbage and authentic spices wrapped in a crescent-shaped pasta-style dough

- Fresh vegetables shredded and potsticker skins made in-house daily
- Easy prep - steam, or sear from frozen, or thawed, for a side that's ready in minutes
- Less on the Label: No High Fructose Corn Syrup, no certified artificial colors, no added MSG
- Pre-cooked for food safety
- Can be served as an appetizer, side dish, or entrée for an Asian-inspired meal or snack
- Serve with one of our MINH® Less Sodium Sauces for dipping



MENU APPLICATIONS:

- Serve as a great appetizer or side dish for an Asian inspired meal.
- Serve with one of our MINH® Less Sodium Sauces for dipping.
- Serve quickly and conveniently: steam or pan sear.
- See our recipe collection for ways to build a unique entrée with these potstickers.

PREP INSTRUCTIONS:

PREPARATION INSTRUCTIONS: FOR FOOD SAFETY AND QUALITY HEAT BEFORE EATING TO AN INTERNAL TEMPERATURE OF 160F. REFRIGERATE OR DISCARD ANY UNUSED PORTION. STEAM: COOKING INSTRUCTIONS BASED ON 15 PIECES. 1) PREHEAT STEAMER. 2) SPRAY STEAM PAN (WITH HOLES) WITH NON-STICK SPRAY OR VEGETABLE OIL. 3) PLACE FROZEN/THAWED POTSTICKERS SO THEY ARE NOT TOUCHING EACH OTHER. 4) STEAM 6-7 MINUTES IF FROZEN; 4-5 MINUTES IF THAWED. PAN-SEAR: COOKING INSTRUCTIONS BASED ON 12 PIECES. 1) PRE-HEAT MEDIUM SIZE NON-STICK FRYING PAN FOR 2 MINUTES ON HIGH ON OPEN FLAME STOVE TOP. 2) ADD 1 TABLESPOON VEGETABLE OIL. 3) PLACE FROZEN/THAWED POTSTICKERS (FLAT BOTTOM DOWN) ON PAN AND COOK FOR 2 MINUTES UNCOVERED. 4) ADD 1/3 CUP WATER, COVER IMMEDIATELY (KEEPING VENT OPEN TO RELEASE EXTRA STEAM), AND LOWER HEAT TO MEDIUM. 5) COOK ADDITIONAL 6 MINUTES IF FROZEN; 4 MINUTES IF THAWED UNTIL BOTTOM OF POTSTICKERS IS CRISPY GOLDEN BROWN.

INGREDIENTS:

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PORK, CABBAGE, WATER, GREEN ONIONS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE [PRESERVATIVE]), CONTAINS 2% OR LESS OF: SUGAR, SOYBEAN OIL, SPICE, SALT, GARLIC, EGGS, DRIED ONION, SODIUM TRIPOLYPHOSPHATE, TOASTED SESAME SEED OIL.

Cooking Method	Temp	Time	Instructions
Steam		6-7 MINUTES	Prepare from frozen state
Steam		4-5 MINUTES	Prepare from thawed state
Pan-Seared		6 MINUTES	Prepare from frozen state
Pan-Seared		4 MINUTES	Prepare from thawed state

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	10072180691566
Gross Weight:	10.59
Net Weight:	9.563
Each Weight:	2.70
Cube:	0.48
Dimensions (LxWxH):	11.75 x 9.13 x 7.75
Cases/Pallet:	119
Tie:	17
High:	7
SHELF LIFE:	365

ALLERGENS:

Contains Eggs or its Derivatives, Wheat or its Derivatives, and Soy or its Derivatives.



Karen Wilder

Karen Wilder, RD, MPH, LD
 Sr Director, Scientific & Regulatory Affairs

NUTRITION INFORMATION:

Serving Size:	3 Pieces (77g)	-
Serving Size (grams):	77	-
Serving Size (weight oz):	2.7	-
Eaches/Case:	170	-
Inner Packs/Case:	1	-
Servings/Case:	ABOUT 56	-
Calories:	200	-
Calories From Fat:	100	-
Calories From Saturated Fat:	30	-
Total Fat:	11	14%
Saturated Fat:	3.5	17%
Trans Fat:	0	-
Cholesterol:	15	6%
Sodium:	290	13%
Potassium:	133	2%
Total Carbohydrate:	18	7%
Total Dietary Fiber:	1	4%
Sugars:	2	-
Protein:	5	-
Vitamin A:	0	0%
Vitamin C:	4	4%
Calcium:	0	0%
Iron:	1.3	8%
Whole Grain:	0	0%

* Percent Daily Values are based on a 2,000 calorie diet.

