

DUMPLINGS

Chicken

Frozen • Ready to Cook



COOK FROM FROZEN



8-10 min
in boiling water

STORAGE
-18°C



INGREDIENTS:

Wheat flour, Chicken,
Water, Onion, Salt,
Vegetable oil, Garlic,
Black pepper

ALLERGENS:

Contains wheat (gluten)

NUTRITION FACTS

SERVING SIZE

100 g

Calories 205 kcal / 858 kJ

% Daily Value*

Total Fat	6 g	8%
Saturated Fat	2 g	10%
Trans Fat	0 g	0%
Cholesterol	25 mg	8%
Sodium	480 mg	21%
Total Carbohydrates	23 g	8%
Dietary Fiber	1 g	4%
Total Sugars	1 g	
Added Sugars	0 g	0%
Protein	13 g	26%

*Percent daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.

SERVING SUGGESTION

10-15pcs (200-300g cooked)
Serve with sourcream, butter or your
favorite souse.