

DUMPLINGS

Pork & Beef

Frozen • Ready to Cook



COOK FROM FROZEN



8 -10 min
in boiling water

STORAGE
-18°C



INGREDIENTS:

Wheat flour, Beef, Pork,
Water, Onion, Salt,
Vegetable oil, Garlic,
Black pepper

ALLERGENS:

Contains wheat (gluten)

NUTRITION FACTS

SERVING SIZE

100 g

Calories 250 kcal / 1050 kJ

% Daily Value*

Total Fat	11 g	14%
Saturated Fat	4 g	20%
Trans Fat	0 g	0%
Cholesterol	28 mg	9%
Sodium	480 mg	21%
Total Carbohydrates	24 g	9%
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.