



Gyoza, Pork and Vegetable

Product Details:

Item Number: 621196  
Pack Size: 384/0.67 oz.  
Serving Per Case:  
Net Weight: 16 lbs.

Kosher: No  
Meal Contribution:  
Class: Always Available  
Shelf Life: 12 months (frozen)  
Temperature Class: Frozen  
Cook State: NA  
GTIN-12 UPC:  
GTIN-14:

Sales Price Per LB: N/A  
Case Price: N/A

Ingredients:

Filling: Cabbage, Pork, Soy Sauce (water, soybeans, wheat flour, sugar, salt, sodium benzoate less than 0.1% as preservative), Soybean Oil, Sugar, Green Onions, Corn Starch, Salt, Egg White, Ginger, Sesame Oil, Ribotide (disodium 5'-inosinate, disodium 5'-guanylate), White Pepper.

Wrapper: Enriched Wheat Flour (wheat flour, niacin, reduced iron, thiamin, riboflavin, folic acid), Water, Modified Potato Starch, Soybean Oil, Tapioca Starch, Egg White, Salt, Sorbitol.

Nutrition Facts

This is a representation of the nutritional label. The nutritional label on the product may vary.

about 6 servings per container  
Serving Size 8 pieces

Amount Per Serving  
Calories 300

	% Daily Value *
Total Fat 10g	15%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 25mg	9%
Sodium 460mg	19%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	9%
Total Sugars 4g	
Incl. Added Sugars	—
Protein 12g	—

Vitamin D —  
Calcium 2%  
Iron 15%  
Potassium —

\* The % Daily Value 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.

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## Gyoza, Pork and Vegetable

### Preparation and Additional Information:

#### Instructions for Preparation and Cooking:

Cooking Instructions: (Product must be cooked prior to eating)

Pan Frying:

1. Add frozen dumplings into boiling water and boil for 1 minute.
2. Pour 2 table spoons of cooking oil into a frying pan.
3. Place 12 boiled dumplings onto the pan, and cook them at medium heat for one minute.
4. Reduce heat to low, add 3 table spoons of water to the pan.
5. Cover and simmer for 5 to 6 minutes until the bottoms of the dumpling turn brown.

Boiling:

1. Add 25 frozen dumplings into boiling water.
2. Cook dumplings in boiling water for 5 to 6 minutes.

Deep Frying:

1. Preheat oil to 375F.
2. Place 12 dumplings in the heated oil and cook for 3 to 5 minutes until dumplings turn golden brown.

Steam Heating:

1. Add adequate amount of water in the steamer.
2. Place frozen dumplings in the steamer and steam at medium heat for 7 to 8 min.

### Logistics Information:

**Gross Weight:** 18.2 lbs

**Case Dimensions:** 18.375 X 12.5 X 8

**Pallet Count:** 64

**Cube:** 1.063

**Block and Tier:** 0 and 0

The information provided above is, to the knowledge of National Food Group, true and accurate based on information provided to National Food Group; provided that National Food Group does not make any express or implied warranties with respect to any such information shall have no liability for any inaccuracies contained in any such information.

#### National Food Group

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