

Chicken Dumplings
4 Dumplings

Nutrition Facts	
1 servings per container	
Serving size Dumplings (140g)	
Amount per serving	
Calories 310	
% Daily Value*	
Total Fat 13g	17 %
Saturated Fat 3.5g	19 %
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 5g	
Cholesterol 115mg	39 %
Sodium 420mg	18 %
Total Carbohydrate 20g	7 %
Dietary Fiber less th	3 %
Total Sugars 1g	
Includes 0g Added Sugars	0 %
Protein 25g	
Vitamin D 0.5mcg	4%
Calcium 120mg	10%
Iron 2mg	15%
Potassium 300mg	6%
<small>* 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.</small>	

INGREDIENTS: Boneless Skinless Chicken Thigh, All Purpose Flour, Whole Milk (MILK; VITAMIN D3), All Purpose Shortening (SOYBEAN OIL; FULLY HYDROGENATED PALM OIL; PALM OIL; MONO AND DIGLYCERIDES; TBHQ AND CITRIC ACID (ANTIOXIDANTS).), Organic Fresh Italian Parsely, Baking Powder (INGREDIENTS: BAKING SODA (FOR LEAVENING); CORNSTARCH; SODIUMALUMINUM SULFATE (FOR LEAVENING); CALCIUM SULFATE; MONOCALCIUMPHOSPHATE (FOR LEAVENING).), Coarse Kosher Salt (Salt; Yellow Prussiate of Soda.).

Contains: Wheat Allergen