

*Kimchi  
&  
Pork  
Potstickers*



# Kimichi & Pork Potstickers

**Ingredients**Filling: Pork, Kimchi (Napa Cabbage, Radish, Water, Tapioca Syrup, Green Onion, Garlic, Red Pepper Powder, Salt, Onion, Ginger, Brown Rice Flour), Onion, Cabbage, Textured Soy Flour, Soybean Oil, Tapioca Starch, Green Onion, Brown Sugar, Garlic, Oyster Sauce [Water, Sugar Salt, Oyster Extractives (Oyster, Water, Salt), Modified Corn Starch, Caramel Color], Sesame Oil (Sesame Oil, Soybean Oil), Salt, Paprika, Black Pepper, Garlic Powder, Red Pepper Powder.

Wrapper: Enriched Wheat Flour (Bleached Wheat Flour, Niacin, Ascorbic Acid, Reduced Iron, Thiamin Mononitrate, Riboflavin, Enzyme, Folic Acid), Water, Potato Starch, Tapioca Starch, Wheat Gluten, Soybean Oil, Xanthan Gum (Water, Xanthan Gum), Salt, Dough Conditioner [Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Ascorbic Acid, Enzymes].

## Preparation:

Cook from frozen.

*Internal temperature should reach at least 74°C (165°F) for 15 seconds.*

**Pan Fry:** Place 2 tbsp (30 ml) of cooking oil into frying pan with ½ cup of water (125 ml). Place potstickers into the frying pan & cover. Cook at high heat for 3 – 4 minutes, switch to medium heat & lift cover. Cook until the bottoms of the potstickers are golden brown or the water evaporates.

**Deep fry:** Place potstickers into 175°C (350°F) hot oil, & deep fry for 2 – 3 minutes.

**Steam:** Place potstickers on lightly oiled strainer over pot of water, cover & steam for 4 – 5 minutes.

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>6 pieces (164g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>240</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 15g	
Vitamin D 0mcg	<b>0%</b>
Calcium 23mg	<b>2%</b>
Iron 2.1mg	<b>10%</b>
Potassium 300mg	<b>6%</b>

\*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.



**GRECO**  
International Cuisine



*Kimchi  
& Chicken  
Potstickers*

# Kimchi & Chicken Potstickers

Ingredients: Filling: Chicken, Kimchi (Napa Cabbage, Radish, Water, Tapioca Syrup, Green Onion, Garlic, Red Pepper Powder, Salt, Onion, Ginger, Brown Rice Flour), Onion, Cabbage, Textured Soy Flour, Tapioca Starch, Green Onion, Brown Sugar, Garlic, Cilantro, Oyster Sauce [Water, Sugar Salt, Oyster Extractives (Oyster, Water, Salt), Modified Corn Starch, Caramel Color], Sesame Oil (Sesame Oil, Soybean Oil), Salt, Paprika, Black Pepper, Red Pepper Powder.

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