



DUMPLING DAUGHTER

During my childhood, the best part of my day was arriving home to a hot snack. My favorites were always dumplings and buns. Today, I make them as a meal for my kids, a comfort food for me and an experience for my friends and family. Please cook them with the same love and care for your family, and you will be rewarded!

– Nadia Liu Spellman

Praised as one of the best Chinese restaurants in Boston, Dumpling Daughter serves Nadia's favorite Chinese homestyle fare since 2014.



For a true Dumpling Daughter™ experience, try our family's famous Secret Sauce.

Learn more at DumplingDaughter.com

[dumplingdaughter](https://www.facebook.com/dumplingdaughter)
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BEST IF USED BY:



Nutrition Facts

3 Servings per container
Serving size 4 dumplings (94g)

Amount Per Serving **Calories 130**

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Cholesterol 15mg 5%

Sodium 240mg 10%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 11%

Total Sugars <1g

Includes 0g Added Sugars 0%

Protein 8g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.6mg 10%

Potassium 100mg 2%

* 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.

INGREDIENTS: Enriched Wheat Flour (Wheat, Malted Barley, Niacin, Iron, Thiamine Mononitrate), Cabbage, Chicken, Water, Rice Flour (Glutinous Rice, Water), Soy Sauce (Water, Soybeans, Wheat, Salt), Ginger, Salt, Chicken Bouillon (Salt, Corn Starch, Yeast Extract, Onion Powder, Sugar, Palm Oil, Chicken Stock (Dried Carrots, Dried Parsley, Spices, Garlic Powder, Turmeric), Onion Oil (Soybean Oil, Onion, Shallots), Vermicelli (Sweet Potato Powder, Water).

CONTAINS WHEAT AND SOY INGREDIENTS.

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Cooking Instructions



1. On high heat, bring 6 cups of water to a rapid boil.
2. Carefully drop 8–12 dumplings in the water and stir. Bring water back to a boil.
3. Once boiling, add 2 cups of cold water and bring the water back to a rapid boil.
4. Once at a rapid boil, turn the heat to medium and continue cooking for about 6 minutes or until internal temperature reaches 165°F. Remove with a slotted spoon.
5. Optional step for pan-seared style: Heat 3 tablespoons of vegetable oil in a non-stick skillet. Sear on one side until golden brown or until internal temperature reaches 165°F, remove and enjoy!



Scan Code For Our How To Cook Video

DUMPLING DAUGHTER



Chicken & Cabbage DUMPLINGS

DUMPLING DAUGHTER

All Natural Chicken & Cabbage DUMPLINGS

家庭传统

A FAMILY TRADITION

No Milk, Egg, Nuts, or Sesame
NET WT 9.5 OZ (269g)



Keep Frozen
Not Fully Cooked

DUMPLING DAUGHTER

12 DUMPLINGS



4. Keep hot foods hot. Refrigerate leftovers immediately or discard.
3. Cook thoroughly until internal temperature reaches 165°F.

SAFE HANDLING INSTRUCTIONS:

1. Keep frozen until preparation.
2. Keep raw meat and poultry separate from other foods. Wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry.