

BLAKEAWAY

DAVID'S PRAHRAN VEGETABLE DUMPLINGS (GLUTEN FREE) 450G

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 10
SERVING SIZE: 45G

	Per Serving	Per 100G
Energy	276 kJ	345 kJ
Protein	2 g	3 g
Fat, Total	2 g	3 g
Saturated	less than 1g	less than 1g
Carbs	11 g	14 g
Sugars	less than 1g	less than 1g
Sodium	172 mg	215 mg



Made in Australia
from at least 90%
Australian Ingredients



600003

INGREDIENTS: POTATO STARCH, WHEAT STARCH (GLUTEN FREE), BLACK FUNGUS, WHITE FUNGUS, ONION, MUSHROOM, WATER CHESTNUT, **SOY SAUCE**, VEGETABLE OIL, **SESAME OIL**, SALT, SUGAR, PEPPER

CONTAINS: SESAME, SOY

LOCALLY MADE PREMIUM DAVID'S DUMPLINGS.

202 ALBION STREET, BRUNSWICK VIC 3056.

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES EGG, GLUTEN, MILK, LUPINS, TREE NUTS, FISH, CRUSTACEAN, SOY & SESAME.

PREPARATION: STEAMING METHOD: PLACE DUMPLINGS IN A STEAMER BASKET AND COVER WITH LID. PLACE INTO PAN WITH BOILING WATER & STEAM FROM FROZEN FOR 8 MINUTES OR UNTIL HEATED THROUGH.

PAN FRY METHOD: ADD 1 TABLESPOON OF OIL AND HEAT PAN. PLACE DUMPLINGS IN PAN AND HEAT FROM FROZEN FOR 8 MINUTES OR UNTIL HEATED THROUGH.

STORAGE: KEEP IN FREEZER (-18 DEGREES). CONSUME BEFORE BEST BEFORE DATE.

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