

INGREDIENTS 210G
POTATO, FLOUR, WATER, MUSHROOM,
ONION, POTATO STARCH, SALT, SUGAR,
CANOLA OIL, PEPPER
KEEP FROZEN UNTIL READY TO EAT

HEATING INSTRUCTIONS:
SIMMER DUMPLINGS FOR 5-7 MINS FROM
FROZEN UNTIL HEATED THROUGH.
ADD TO CHOICE OF BROTH OR SOUP.

	Average quantity (raw)	
	Per serve	Per 100g
Energy	1320 kJ	660 kJ
Protein	11 g	5.5 g
Fat, Total	1.9 g	1.0 g
- Saturated	0.2 g	0.1 g
Carbohydrate	59.1 g	29.6 g
- Sugar	4.5 g	2.3 g
Sodium	739 mg	369 mg

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