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# one dish favorites™ Simple, one dish meals

For additional One Dish Favorites™ meals, look for the YELLOW border.
Do something good for yourself®...with LEAN CUISINE.®

Nestlé SINCE 1866 ™

Questions or Comments?
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CL 884

one dish favorites™

# asian-style pot stickers

chicken & vegetable dumplings with rice
in an asian-style dipping sauce

6g fat 320 calories

Stouffer's®

LEAN CUISINE®

NET WT 9 OZ (255 g)

KEEP FROZEN • SERVING SUGGESTION COOK THOROUGHLY

INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE

Stouffer's® LEAN CUISINE®

asian-style pot stickers
chicken & vegetable dumplings with rice in an asian-style dipping sauce

*Weight Watchers Winning Points® 6

one dish favorites™

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**ingredients: blanched enriched long grain rice** (rice, ferric phosphate, niacin, thiamin mononitrate and folic acid), **chicken and vegetable dumplings** (filling: boneless chicken, cabbage, onion, carrots, water, sesame oil, chicken flavor [salt, beef gelatin, maltodextrin, chicken stock, chicken fat, sesame oil], modified food starch, sugar, spices, garlic powder, natural flavoring. dough: enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid], malted barley flour, water, salt, soybean oil. dusted in potato starch), **water, snap peas, carrots, red peppers, sugar, brown sugar, soy sauce** (water, wheat, soybeans, salt), **modified cornstarch, dehydrated soy sauce** (soybeans, salt, wheat), **corn syrup, apple cider vinegar, ginger puree** (ginger, water, citric acid), **xanthan gum, caramel coloring, citric acid, spice.**

**CONTAINS: SOY, WHEAT INGREDIENTS.**

**DISTRIBUTED BY: NESTLÉ USA, INC., SOLON, OH 44139 USA**

**17113 Proof of Purchase**

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**Best Before**

# LEAN CUISINE® Flash-frozen at the peak of perfection™

- **Our varieties contain** from 340-700 mg of sodium, **14-29% the %DV** (Percent Daily Value) **of sodium.***

*Excludes DINNERTIME SELECTS.™

- Our vegetables are **fresh-picked,** then **flash-frozen to lock in their nutrients** and flavor.
- Our meals use **no artificial flavors.**†

†Excludes DINNERTIME SELECTS™ Chicken Portabello.

**Get a FREE Personalized Nutrition Assessment. Visit LeanCuisine.com**

## MICROWAVE OVEN COOKING / COCINADO EN HORNO MICROONDAS

For food safety and quality, follow these **COOKING** instructions.

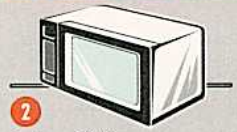
Since microwave oven wattage varies, cooking times may require adjusting.

Por seguridad y calidad de los alimentos, siga estas instrucciones de **COCINADO.**

Ya que la potencia de los hornos microondas varía, los tiempos de cocción podrían requerir ajuste.

1. **Remove** tray from box. **Cut** film cover to vent.

Retire la bandeja de la caja. Corte la cubierta tipo membrana para desfogar.



2. **Cook** on 50% Power
   1 tray: **8-9** minutes
   2 trays: **14-16** minutes

Cocine a 50% Potencia
1 bandeja: 8-9 minutos
2 bandejas: 14-16 minutos

3. **After cooking, let stand in microwave 1-2 minutes.**
   **Carefully** remove tray from microwave.
   **Carefully remove cover & enjoy!**

Después de cocinar, deje reposar en el horno microondas 1-2 minutos.
Retire cuidadosamente la bandeja del horno microondas.
¡Quite cuidadosamente la cubierta y disfrute!

## CONVENTIONAL OVEN COOKING

Preheat oven to 350°F • Do not exceed 350°F • Since ovens vary, cooking heat and times may require adjusting.

1. **Remove** tray from box. **Cut** film cover to vent.
2. **Place** tray on a baking sheet on center rack in oven. **Cook 20-22** minutes.
3. **Carefully remove baking sheet with tray from oven and let stand on baking sheet 1-2 minutes.** **Carefully remove cover & enjoy!**

DO NOT PREPARE IN TOASTER OVEN • A REHEATED PLASTIC TRAY CAN WARP OR MELT...REHEATING OF TRAY IS NOT RECOMMENDED • KEEP FROZEN UNTIL READY TO USE
NO PREPARAR EN EL HORNO TOSTADOR • UNA BANDEJA PLÁSTICA PUEDE TORCERSE O FUNDIRSE...NO SE RECOMIENDA RECALENTAR LA BANDEJA • MANTÉNGASE CONGELADO HASTA QUE ESTÉ LISTO PARA UTILIZAR

## Nutrition Facts

Serving Size 1 Package (255 g)
Servings Per Container 1

| Amount Per Serving | |
|---|---|
| **Calories** 320 | Calories from Fat 50 |
| | **% Daily Value*** |
| **Total Fat** 6 g | **10%** |
| Saturated Fat 2 g | **13%** |
| Trans Fat 0 g | |
| Polyunsaturated Fat 1 g | |
| Monounsaturated Fat 2 g | |
| **Cholesterol** 20 mg | **6%** |
| **Sodium** 610 mg | **25%** |
| **Potassium** 110 mg | **3%** |
| **Total Carbohydrate** 55 g | **18%** |
| Dietary Fiber 3 g | **13%** |
| Sugars 11 g | |
| **Protein** 11 g | |

Vitamin A 30% • Vitamin C 6%
Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Potassium | Less than | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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