

406mm

280mm

**No Preservatives
No Artificial Colors or Flavors
Fully Cooked
Ready to Heat and Serve**

How to Heat: Microwave: Heat two to three Gyoza at a time on High for 1 to 2 minutes, turning once. (Potstickers will be hot throughout, but the wrappers will not brown.) Stovetop: For one dozen Gyoza: Pour two tablespoons cooking oil into a heated frying pan. Place frozen Gyoza in pan and brown for about one minute at medium heat. Reduce temperature to low. Add three tablespoons of water. Cover and simmer 5 to 8 minutes until bottoms of the Gyoza turn brown. Soups: Add frozen Gyoza to broth. Cook for 2 to 3 minutes or until soft.

SKU#010162



TRADER JOE'S®

PORK GYOZA POTSTICKERS

Pork and Vegetable Dumplings



No Preservatives • No Artificial Colors or Flavors
Fully Cooked • Ready to Heat and Serve

KEEP FROZEN

Contains 24 to 26 pieces

NET WT. 16 OZ (1 LB) 454 g

Nutrition Facts
Serving Size 8 pieces (141g)
Servings Per Container about 3

Amount Per Serving	
Calories 300	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 5g	25%
Cholesterol 25mg	9%
Sodium 630mg	26%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 13g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 20%

* 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
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

Ingredients: Filling: Pork, Cabbage, Water, Green Onion, Onion, Soy Sauce (Water, Wheat, Soybeans, Salt), Sesame Seed Oil, Salt, Sugar, White Pepper, Ginger, Chinese Five Spice (Star Anise, Cinnamon, Fennel, Spices, Ginger), Garlic, Dough: Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley Flour, Water, Salt, Soybean Oil, Dusted in Corn Starch.

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DATE	Apr 01/04
PROJ NAME	TJ Day Lee Foods
FILE NAME	TJ Daylee Chick WOP 040104H
SIZE	406mm(W) x 280mm(H)
PROJ ID	10909

Spot Gold	Clear / No Print
Spot Black	
Spot Blue	
White	

Client Approval

NAME (PRINT) _____
COMPANY _____
SIGNATURE _____ DATE _____

IMPORTANT: This art has been checked and proofed for accuracy. It is the responsibility of the client to make all final approvals before the release of this art.
PLEASE DOUBLE CHECK FOR ACCURACY.

Dieline Copy Colours UPC Photography Illustration

FILM UNWIND DIRECTION:

A
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 ← D B →
 C
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Please indicate unwind direction.

* Common Plates **Warning:** The colours represented on this proof are not necessarily actual colours, variations in tone and intensity will occur depending on actual material used.