

TRADER MING'S
CHICKEN & VEGETABLE

Wonton Soup



SAFE HANDLING INSTRUCTIONS

THIS PRODUCT MAY BE REHEATED FROM FROZEN TO 165°F (350°F) FOR 10-15 MIN. TO REHEAT, PLACE IN A MICROWAVE SAFE BOWL. LETTING THE STEAM RELEASE FOR 1 MINUTE BEFORE COVERING THE BOWL IS RECOMMENDED TO PREVENT OVERHEATING. ALWAYS USE CARE WHEN HEATING AND EAT IMMEDIATELY.



NOT RECOMMENDED TO REHEAT FROM AT ROOM TEMPERATURE.



DO NOT HEAT ABOVE 165°F FOR THE SAFETY OF YOUR MEAT. ALWAYS USE CARE WHEN HEATING AND EAT IMMEDIATELY.



DO NOT HEAT FOR MORE THAN 10 MINUTES. ALWAYS USE CARE WHEN HEATING AND EAT IMMEDIATELY.

Nutrition Facts

Serving Size 1 bowl (305g)
Serving Per Container 1

Amount Per Serving
Calories 220 Calories from Fat 30

	% Daily Value*
Total Fat 35g	5%
Saturated Fat 5g	3%
Trans Fat 0g	
Cholesterol 55mg	10%
Sodium 1000mg	44%
Total Carbohydrate 35g	12%
Dietary Fiber 5g	12%
Sugar 6g	
Protein 11g	

Vitamin A 100% Vitamin C 40%
Calcium 8% Iron 25%

*Percent Daily Values are based on a diet of other people's secrets. You may have a different diet. Always use care when heating and eat immediately.

	Total Fat	Sodium	Total Carbohydrate
Per 1/2 Cup	17.5g	500mg	17.5g
Per 1 Cup	35g	1000mg	35g

Calories per bowl: Fat 30, Cholesterol 55, Protein 11

INGREDIENTS: WAFER, CHICKEN, CARROT, SUGAR, SNAP BEAN, WHEAT FLOUR, GREEN ONION, CHICKEN SOUP BASE (CHICKEN MEAT INCLUDING NATURAL CHICKEN JUICES, NATURAL SEA SALT, CHICKEN FAT, YEAST EXTRACTS, FLAVORING, VEGETABLE EXTRACT AND TURMERIC), LEEK, GARLIC, VEGETABLE SOUP BASE (SAUTEED VEGETABLES (CARROTS, CELERY, ONIONS, TOMATO), NATURAL SEA SALT, YEAST EXTRACT, CORN OIL, AND VEGETABLE EXTRACTS (POTATO, CARROT, ONION)), BEAN SPROUT, TAPIOCA STARCH, SUGAR, ONION, TEXTURED VEGETABLE FLOUR, EGG, CILANTRO, CABBAGE, SALT, GINGER, FRIED GARLIC, RICE WINE, NATURALLY BREWED SOY SAUCE (WATER, SOYBEAN, WHEAT, SALT), SESAME OIL, WHITE PEPPER, BLACK PEPPER, WHEAT GLUTEN.

CONTAINS WHEAT, SOY, EGG.

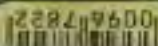
DIST. & SOLD EXCLUSIVELY BY
TRADER JOE'S, MONROVIA CA, 91016

SKU# 90782



HEATING INSTRUCTIONS:

- Remove bowl from outer container.
- Lift a small opening on the film and add water to the fill line (approx. 5oz).
- Microwave on high for 4-6 minutes, or until internal temperature reaches 165°F.
- Let stand for 1 minute.
- Carefully remove bowl and film cover, product will be hot.



Wonton

VERIFICATION SIGNATURE

TRADER MING'S®
CHICKEN & VEGETABLE

Wonton Soup

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NUTRITIONAL INFORMATION	
PER 1 CUP (250 mL)	
Calories	150
Total Fat	5g
Total Carbohydrate	20g
Total Protein	10g
Sodium	100mg
Dietary Fiber	1g
Sugars	5g
Cholesterol	20mg
*Percent Daily Values are based on a diet of other people's secrets.	



KEEP
FROZEN



MADE IN
USA



COOK
THOROUGHLY



NET WT.
10.75 OZ
(305g)

cooking
suggestion



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CHICKEN & VEGETABLE

Wonton Soup



TRADER MING'S
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INITIAL

RELEASABLE: INDICATE "CONTINUA

VERIFICATION SIGNATURE