

Mantu

Menu 19 - Mantu 1.5lbs 25ct

Nutrition Facts

about 3 servings per container
Serving Size 3 oz (85g/ about 3 pieces)

Amount per serving
Calories 90

% Daily Value*

Total Fat 5g 3%

Total Carbohydrate 5g 5%

Cholesterol 5mg 5%

Sodium 500mg 22%

Total Carbohydrate 4g 4%

Dietary Fiber 4g 7%

Total Sugars 5g

Includes 0g added sugars 0%

Protein 6g

Vitamin D 0 mcg 0%

Calcium 40mg 4%

Iron 1.9mg 10%

Potassium 340mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

TRIDITIONAL MANTU

RICH IN ANTIOXIDANTS
READY IN 6-8 MINS - COOK FROM FROZEN

Direction to Cook

Steam (Recommended)

1. Prepare steamer by oiling the bottom of the steamer.
2. Dip the bottom of frozen dumplings in oil and place them into the steamer basket leaving space between.
3. Place basket over the boiling water base for 6-8 minutes.

Pan fry:

1. Add 2 Tablespoon Oil into the medium-high heated pan.
2. Place 6-8 dumplings in the pan, cook for approximately 1 minute.
3. Add 6-8 tablespoons of water, cover and simmer for about 6 minutes.
4. Remove lid and continue cooking until dumplings are light brown.

FoodLab

Prepared by Foodlab, Inc.



Mantu



BY TRADITION,

mantu dumplings are filled with ground beef meat,
minced onions and seasonings

ready in 6-8 minutes cook from frozen

\$14.99



menu19

BRINGING YOU
THE AUTHENTIC TASTE

Net Weight 680 g | www.menu19.com

PERISHABLE KEEP
FROZEN

Mantu



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Saturated Fat 0.5g 3%

Trans Fat 1g

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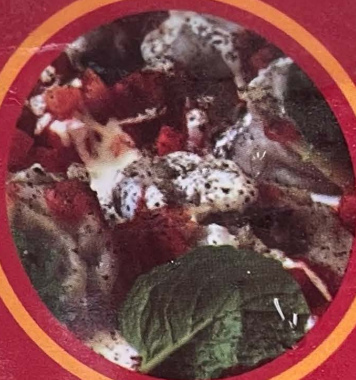
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Saturated Fat 0.5g	3%
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INGREDIENTS: ONION, BEEF, POTATO, FLOUR, CORIANDER, CHICKEN BOUILLON (SALT, MONOSODIUM GLUTAMATE, CORN STARCH, POTASSIUM CHLORIDE, POWDERED COOKED CHICKEN, SUGAR, NATURAL FLAVOR, CHICKEN FAT, PALM OIL, DISODIUM GUANYLATE, DISODIUM INOSINATE, CARAMEL COLOR (CONTAINS SULFITES), MALTODEXTRI N, DEHYDRATED PARSLEY, CITRIC ACID, TURMERIC (COLOR), PAPRIKA OLEORESIN (COLOR), CUMIN, SALT, GARLIC, CHILI POWDER, BLACK PEPPER.



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