Mantu
Menu 19 - Mantu 1.5lbs 25ct

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

Direction to Cook
Steam (Recommended)
1. Prepare steamer by placing the mantu in the steamer basket
2. Place the bottom of frozen dumplings in oil and place them into the steamer basket leaving 3/4 inch between
3. Place basket over the boiling water and cook for 6-8 minutes.

Pan Fry
1. Add 2 Tablespoon Oil into the medium-high heated pan
2. place 8-9 dumplings in the pan and cook for approximately 1 minute
3. Add 1/2 cup of water, cover and simmer for about 5-6 minutes
4. Remove lid and continue shaking until dumplings are light brown.

Prepared by FoodLab, Inc.

Mantu
Made in the USA
American Product
HALAL

BY TRADITION,
mantu dumplings are filled with ground beef meat, minced onions and seasonings
ready in 6-8 minutes cook from frozen

menu19
BRINGING YOU
THE AUTHENTIC TASTE

Net Weight 680 g | www.menu.19.com
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
Mantu

Menu 19 - Mantu 1.5lbs 25ct

Nutrition Facts

Calories: 90

% Daily Value

Total Fat: 4g 7%

Sodium: 500mg 22%

Total Carbohydrates: 11g 4%

Dietary Fiber: 2g 7%

Total Sugars: 3g

Includes 0g added Sugars 0%

Protein: 6g

Vitamin D: 0mcg 0%

Calcium: 40mg 1%

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 them.
3. Place basket over 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.

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FoodLab™

Made in the USA American Product

HALAL
**Nutrition Facts**

About 8 servings per container

**Serving Size**
3 oz (85g/ about 3 pieces)

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories</th>
<th>90</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
<td>Total Fat 2g</td>
<td>3%</td>
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<tr>
<td></td>
<td>Saturated Fat 0.5g</td>
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<tr>
<td></td>
<td>Trans Fat 0g</td>
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<tr>
<td></td>
<td>Cholesterol 15mg</td>
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<tr>
<td></td>
<td>Sodium 500mg</td>
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<tr>
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<td>Total Carbohydrates 11g</td>
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<tr>
<td></td>
<td>Dietary Fiber 2g</td>
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<tr>
<td></td>
<td>Total Sugars 3g</td>
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<tr>
<td>Includes 0g added Sugars</td>
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<tr>
<td>Protein 6g</td>
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- Vitamin D 0 mcg: 0%
- Calcium 40mg: 4%
- Iron 1.9mg: 10%
- Potassium 340mg: 8%

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**INGREDIENTS:**
ONION, BEEF, POTATO, FLOUR, CORIANDER, CHICKEN BOUILLON (SALT, MANGONOSODIUM GLUTAMATE, CORN STARCH, POTTASMINUM CHLORIDE), POWDERED CHICKEN, SUGAR, NATURAL FLAVOR, CHICKEN FAT, PALM OIL, DISODIUM GUANYLATE, DISODIUM INOSINATE, CARAMEL COLOR (CONTAINS SULFITES), MALTODEXTRIN N, DEHYDRATED PARSLEY, CITRIC ACID, TURMERIC (COLOR), PAPRIKA OLEORESIN (COLOR), CUMIN, SALT, GARLIC, CHILI POWDER, BLACK PEPPER.
<table>
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<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Includes</td>
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<td>0%</td>
</tr>
<tr>
<td>Protein</td>
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</tbody>
</table>

Vitamin D: 0mcg (0%)
Calcium: 40mg (4%)
Iron: 1.9mg (10%)
Potassium: 340mg (8%)

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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), MALTODEXTRIN, DEHYDRATED PARSLEY, CITRIC ACID, TURMERIC (COLOR), PAPRIKA OLEORESIN (COLOR), CUMIN, SALT, GARLIC, CHILI POWDER, BLACK PEPPER.