



Curry Seasoned Chicken Dumplings

All natural ingredients!*

Bold and flavourful dumplings packed with chicken, mild yellow curry, cilantro, carrot, onion and ginger in a thin wrapper



SERVING SUGGESTION

KEEP FROZEN

*No artificial ingredients; minimally processed

NET WEIGHT : 8 OZ (227g)

In 2016, co-owner Roya Shadravan had discovered she had a brain tumor. Luckily she survived the operation with no harmful symptoms.

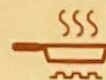
The event changed her and her partner Kristy Lam's lives. We became *extra conscious* about the food we ate, and it's *benefits*.

We found it challenging to find convenient Asian cuisine which are not made with all sorts of additives and artificial ingredients.

As a result, we left our established careers and created **MULAN DUMPLING**. We put our heart and soul into making variety of delicious dumplings with *carefully sourced ingredients*.

Cooking Instructions:

Pan Fry (Recommended):



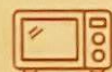
1. Add 1 tbsp oil to a non-stick pan,
2. Place frozen dumplings directly to the pan.
3. Add 3/4 Cup water. Bring to boil. Cover and simmer on medium-high for 6 minutes.
4. Uncover. Continue cooking until water has evaporated and bottom of dumplings are golden browned.

Steam:



1. Place frozen dumplings on a spray oiled strainer over a pot of boiling water.
2. Cover and steam on High for 6 minutes.

Microwave:



1. Put 5 - 6 frozen dumplings in a microwaveable bowl, add 1 Cup warm water (enough to cover the dumplings). Cover the bowl with wet paper towel.
2. Microwave on High for 4 minutes, stirring after 2 minutes.
3. Drain Dumplings. Be careful - bowl and water will be very hot!

Safe Handling Instructions

This product was prepared from inspection and passed meat and/or poultry. Some food products may contain bacteria that could cause illness if the products is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen.
Thaw in refrigerator or microwave.



Cook thoroughly.

Keep raw meat and poultry separate from other foods.
Wash working surfaces (including cutting boards),
utensils, and hands after touching raw meat or poultry.

Keep hot foods hot. Refrigerate leftovers
immediately or discard.

Nutrition Facts

Serv. Size: 5 Dumplings (113g)

Servings: 2

Calories 140

Fat cal 35

* Percent Daily Values (DV) are
based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 4g	6%	Total Carb. 20g	7%
Sat. Fat 1g	5%	Fiber 2g	8%
Trans Fat 0g		Sugars 2g	
Cholest. 20mg	7%	Protein 7g	
Sodium 240mg	10%		
Vitamin A 35% • Vitamin C 10% • Calcium 2% • Iron 8%			

Ingredients:

Filling: Ground Chicken (containing up to 1% solution of vinegar and rosemary extract), Cabbage, Carrot, Onion, Cilantro, Corn Oil, Ginger, Garlic, Soy Sauce (Water, Wheat, Soybeans, Salt), Curry Powder (Coriander Seed, Turmeric, Cloves, Red Pepper, Cumin, Mustard Seed), Salt, Sugar, Black Pepper, Turmeric

Wrapper Skin: Wheat Flour, Water, Corn Oil, Salt.

Contains Wheat and Soy

Manufactured for:
MULAN DUMPLING LLC
Hyattsville, Maryland
20781

www.mulandumpling.com

@mulandumpling



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Pork & Cabbage Dumplings

All natural ingredients!*

*Juicy dumplings packed with pork, cabbage, scallion,
cilantro and ginger in a thin wrapper*



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AND PASSED BY
DEPARTMENT OF
AGRICULTURE

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4. Uncover. Continue cooking until water has evaporated and bottom of dumplings are golden browned.

Steam:



1. Place frozen dumplings on a spray oiled strainer over a pot of boiling water.
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Microwave:



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immediately or discard.

Nutrition Facts

Serv. Size: 5 Dumplings (113g)

Servings: 2

Calories 170

Fat cal 70

* Percent Daily Values (DV) are
based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 7g	11%	Total Carb. 19g	6%
Sat. Fat 2g	10%	Fiber 1g	4%
Trans Fat 0g		Sugars 1g	
Cholest. 15mg	5%	Protein 7g	
Sodium 250mg	10%		
Vitamin A 2% • Vitamin C 10% • Calcium 2% • Iron 8%			

Ingredients:



Filling: Pork, Cabbage, Scallions, Ginger, Soy Sauce (Water, Soybeans, Wheat, Salt), Corn Oil, Garlic, Cilantro, Sesame Oil, Sugar, Salt, Black Pepper

Wrapper Skin: Wheat Flour, Water, Corn Oil, Salt.

Contains Wheat and Soy

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Shrimp & Chives Dumplings

All natural ingredients!*

Juicy dumplings packed with wild caught whole shrimp, pork,
Chinese chives and ginger in a thin wrapper



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Nutrition Facts

Serv. Size: 5 Dumplings (113g)

Servings: 2

Calories 160

Fat cal 50

* Percent Daily Values (DV) are
based on a 2,000 calorie diet.

Amount/serving

Total Fat 5g

8%

Sat. Fat 1.5g

8%

Trans Fat 0g

Cholest. 40mg

13%

Sodium 210mg

9%

Vitamin A 6% • Vitamin C 15% • Calcium 2% • Iron 8%

Amount/serving

Total Carb. 18g

6%

Fiber 1g

4%

Sugars 1g

Protein 9g



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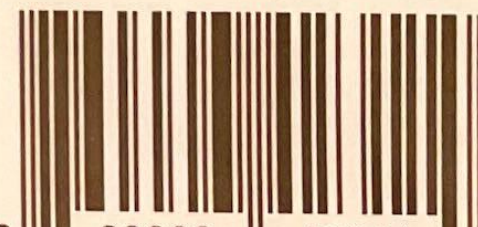
  @mulandumpling

Ingredients:

Filling: Shrimp, Cabbage, Pork, Chinese Chives, Corn Oil, Ginger, Garlic, Soy Sauce (Water, Soybeans, Wheat, Salt), Salt, Sugar, Sesame Oil, Black Pepper

Wrapper Skin: Wheat Flour, Water, Corn Oil, Salt.

Contains Wheat, Soy and Shrimp



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