





Manufactured by: M&P Food Production Inc. Brooklyn, NY 11232 Tel.(718) 438-6421

Cooking Instructions:

Put product into the 350F oven for 30-40 minutes and cook product until the internal temperature of product is greater than 160 F.

SERVING SUGGESTIONS:

Serve with any sauce.

SAFE HAN

RUCTIONS

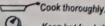
18 1838 rom inspected This Product w. and passed mea have poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen thaw in refrigerator or microwave.



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

Nutrition Facts

Serving Size 1 dumpling (113g) Serving Per Container 3

Amount per Serving

Calories 360 Calories from Fat 130

% Daily Value* 22%

Total Fat 14g 29% Saturated Fat 6g

Trans Fat 0g

22% Cholesterol 65mg

21% Sodium 510mg

12% **Total Carbohydrate 37g** 6% Dietary Fiber 2g

Sugars 1g

Protein 19g

Vitamin C 2% Iron 20%

Vitamin A 0% Calcium 2%

*Percent Daily Values are based on a 2,000 calories diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat Sat. fat	Less Than Less Than	65g	80g 25g
Cholesterol	Less Than	300mg	300mg
Sodium Total Carbohydrate	Less Than	2,400mg 300g	2,400mg 375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 • Carbohydrates 4 • Protein 4

DOUGH INGREDIENTS: Enriched Flour (bleached wheat flour, niacin, iron, potassium bromate, thiamine. mononitrate, riboflavin, folic acid, malted barley flour), water, eggs, salt.

FILLING INGREDIENTS: Lamb, onion, salt, black pepper.

Packaged Products

