

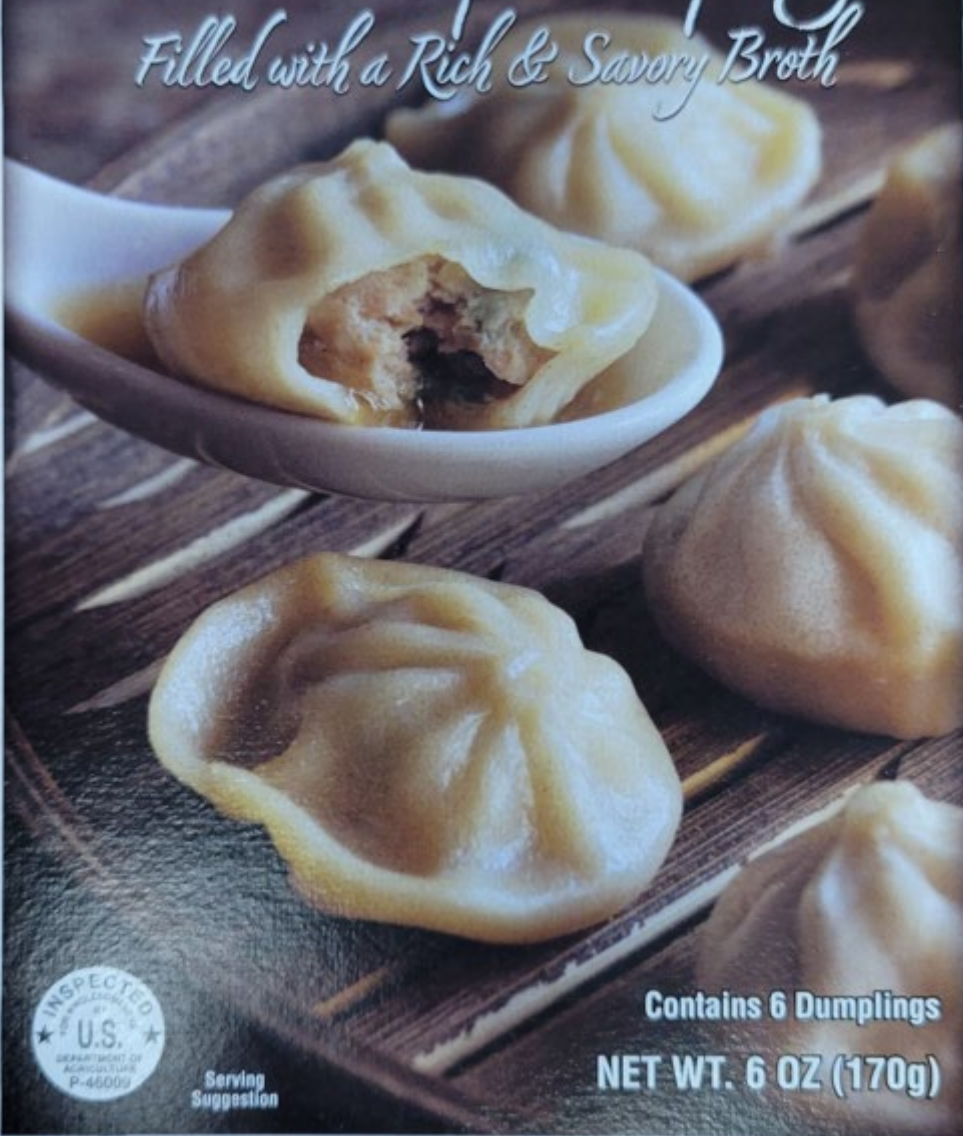


**TRADER  
JOE'S®**

**KEEP FROZEN**

# Steamed Chicken Soup Dumplings

*Filled with a Rich & Savory Broth*



Serving  
Suggestion

**Contains 6 Dumplings**

**NET WT. 6 OZ (170g)**

TRADER  
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03.07.25.C1-2

*Steamed Chicken Soup Dumplings*  
*Filled with a Rich & Savory Broth*

TRADER  
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03.07.25.C1-1

*Steamed Chicken Soup Dumplings*  
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*Steamed Chicken Soup Dumplings*  
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## Nutrition Facts

Serving Size 6 Dumplings (170g)  
Servings Per Container 1

### Amount Per Serving

**Calories** 250. Calories from Fat 60

% Daily Value\*

**Total Fat** 7g 11%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 45mg 15%

**Sodium** 610mg 25%

**Total Carbohydrate** 29g 10%

Dietary Fiber 1g 4%

Sugars 3g

**Protein** 16g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

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

		2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**INGREDIENTS-FILLING:** Chicken, Water, Onion, Green Onion, Soy Sauce (Water, Soybeans, Wheat, Salt), Ginger, Gelatin, Sugar, Cooking Rice Wine (Water, Alcohol, Salt), Sesame Oil, Soybean Oil, Salt, Yeast Extract, White Pepper, Seasoning (Yeast Extract, Flavor, Salt). **DOUGH:** Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Wheat Flour, Modified Tapioca Starch, Salt, Soybean Oil.

**CONTAINS SOY, SESAME, WHEAT.**

Dist. & Sold Exclusively By  
Trader Joe's, Menlo Park, CA 94025

SKU#04988



Steamed dumplings, also known as "Xiao Long Bao", originated in the Jiangnan region of China. They are traditionally made with pork and steamed in small bamboo steamer baskets. Our version is made with chicken and comes in a convenient microwaveable steamer tray. Each dumpling packs a strong punch of flavor due to the copious amounts of ginger.

### HEATING INSTRUCTIONS:

#### MICROWAVE (1200 watt):

Microwave cook times may vary depending on oven wattage.

Cut one corner of bag to allow steam to escape. Place tray directly into microwave and heat on high for 1.45 to 2 minutes. Let sit 1 minute before removing from microwave; bag and dumplings may be hot. Open bag along seams with caution.

**STOVETOP:** Fill a pot fitted with a steamer basket with water and bring to a boil. Place dumplings into steamer with ample space between each piece. Do not crowd. Cover with lid, and steam for 8 to 10 minutes or until dumplings are fully heated. Remove carefully.

Caution! These dumplings will be really, really hot.

Gently pick a dumpling up and place it in a spoon. (We like to use chopsticks to do this.)

Carefully bite the top or side of the dumpling to release the soup into the spoon.

Let the soup cool a bit. Slurp the soup. Eat the dumpling.

Enjoy. Repeat.