



Precooked

Stuffed Grape Leaves

with beef & rice



6 Minute Meal

Keep Frozen

10 pieces
NET WT
17 oz (485g)



Grape with beef & rice



Stuffed Grape Leaves

with beef & rice

COOKING GUIDELINES
For food safety and quality, follow these cooking instructions. Cook thoroughly to at least 160°F before eating. Properly refrigerate unused portions. Oven vary. Cooking times and oven temperatures may need adjustment.
MICROWAVE OVEN (1100 Watt)

MICROWAVE OVEN COOKING

- 1 Remove tray from sleeve. Open film cover a little from the corner to vent.
- 2 Cook on High for 6-8 minutes.
- 3



After cooking, let it stand in microwave for 1-2 minutes. Carefully remove tray from microwave. Carefully remove cover & enjoy. For better taste, try it with garlic yogurt.

CONVENTIONAL OVEN COOKING

Preheat oven to 350°F. Do not exceed 350°F. Since ovens vary, cooking heat and times may require adjusting.

- 1 Remove tray from sleeve. Open film cover a little from the corner to vent.
- 2 Place tray on baking sheet on center rack in oven. Cook 28-30 minutes.
- 3 Carefully remove baking sheet with tray from oven and let it stand on baking sheet for 1-2 minutes. Carefully remove cover & enjoy. For better taste, try it with garlic yogurt.

DO NOT COOK IN TOASTER OVEN WITH THE PLASTIC TRAY. A REHEATED PLASTIC TRAY CAN WARP OR MELT. REHEATING OF TRAY IS NOT RECOMMENDED. KEEP FROZEN UNTIL READY TO USE.

INGREDIENTS

Filling: Cooked Ground Beef, Milled Rice, Onion, Parsley, Cilantro, Dill, Tomato Paste, Salt, Black Pepper, Paprika
Wrapper: Grape Leaves (Water, Salt, Citric Acid, Sodium Benzoate, Potassium Sorbate, Calcium Chloride, Sodium Bisulfite added as a Preservative).

Nutrition Facts

Serving Size (100g)
Servings Per Container

Amount Per Serving
Calories 150 Calories from Fat 40

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 2.5g	11%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 470mg	20%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 0g	

Protein 9g

Vitamin A 30% • Vitamin C 0%
Calcium 4% • 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.

	Calories 2,000	2,500
Total Fat	Less than 65g	80g
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Manufactured by Royal Frozen Food
Los Angeles, CA 90019
www.RoyalFrozenFood.com



Stuffed Grape Leaves

with beef & rice





Stuffed Cabbage Leaves with beef & rice

6 Minute Meal

Keep Frozen

8 pieces

- Cherry Vareniki
- Cabbage Vareniki
- Khinkali
- Mini Chicken Klev
- Koubah
- Falafel
- Khavurma
- Dolma
- Cabbage

- Siberian Pelmeni
- Meat Pelmeni
- Chicken Pelmeni
- Turkey Pelmeni
- Beef Blintzes
- Chicken Blintzes
- Salmon Blintzes
- Cheese Blintzes
- Potato Blintzes

- Pot. & Mush Blintzes
- Cabbage Blintzes
- Spinach Blintzes
- Cheese Blintzes
- Apple Blintzes
- Agriget Blintzes
- Strawberry Blintzes
- Potato Vareniki
- Chicken Vareniki

U.S. REJECTED

U.S. RETAINED

Stuffed Cabbage Leaves

- Vareniki
- Vareniki
- Chicken Klev
- Dolma
- Cabbage



From the kitchen of
ROYAL FROZEN FOOD

HAND MADE IN USA
Traditional Recipe
SINCE 1967

POT STICKERS



Hand Made

New Product

PERISHABLE - KEEP REFRIGERATED OR FROZEN

ALL NATURAL • NO PRESERVATIVES

NET WT. 12oz (349g)

10 PIECES



- Siberian Pelme
- Meat Pelmeni
- Chicken Pelmeni
- Turkey Pelmeni
- Beef Blintzes
- Chicken Blintzes
- Salmon Blintzes
- Cheese Blintzes
- Potato Blintzes
- Pot. & Mush
- Large Blin
- Potato Blin
- Cherry Blint
- Apple Blintz
- Apricot Blin
- Strawberry B
- Potato Varen
- Cheese Varen

ticken

GO GREEN



Pot STICKERS

COOKING INSTRUCTIONS

1. Pan Frying: Add oil into a non-stick frying pan. Place the frozen potstickers in the frying pan. Cook until the bottom of the potstickers are golden brown.
2. Boiling: Place the frozen potstickers into the boiling water. Stir the potstickers slowly to prevent them from sticking to the pot. Boil with high heat until the potstickers float to the surface. Turn to medium heat until pot stickers are fully cooked.

INGREDIENTS

FILLING: Cabbage, Pork, Onion, Soy Sauce, Monosodium Glutamate, Sesame Seed Oil, Salt, Soybean Oil, Sugar, Garlic.
WRAPPER: Unbleached Wheat Flour, Water, Corn Starch, Salt, Soybean Oil.

Safe Handling Instructions

This product has prepared from inspected and approved food grade ingredients. Lower food grade may contain some allergens. See label of this product for allergen information and for complete safe handling instructions.

Do not refrigerate or freeze.
Keep refrigerated or frozen.

Remove the plastic seal and do not separate from other fresh meat, poultry, seafood, fish, or other ready-to-eat products until ready to use. Wash hands after handling raw meat or poultry.

Click handles

Helpful hints for handling frozen products in storage.



Manufactured and Distributed by
ROYAL FROZEN FOOD
www.RoyalFrozenFood.com
Los Angeles, CA 90019