
34°-38°
ST. CLAIR
12/2 LB.
CHICKEN
AND
DUMPLINGS
850115
St. Clair
FOODS
KEEP FROZEN
CODE DATE: 16280
34°-38°


St. Clair
FOODS
Memphis, TN 38116
www.stclair.com
CHICKEN
AND
DUMPLINGS
803000
INSPECTED
U.S.
P-5668
INGREDIENTS: WATER, FLOUR DUMPLINGS (Enriched Bleached Wheat Flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzymes], Water, Partially Hydrogenated Soybean and Cottonseed Oils, Contains 2 % or less of Salt, Vital Wheat Gluten), COOKED DARK AND WHITE CHICKEN MEAT, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Chicken Fat, Onion Powder, Disodium Inosinate, Disodium Guanylate, Extractives of Turmeric, Spice Extractive), VEGETABLE OIL, (100% soybean oil), ENRICHED BLEACHED WHEAT FLOUR (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), MODIFIED CORN STARCH, HYDROLYZED CORN PROTEIN (Hydrolyzed Corn Protein, Partially Hydrogenated Oil [Soybean and Cottonseed] added), AUTOLYZED YEAST (Yeast Extract, Partially Hydrogenated Sunflower Oil), XANTHAN GUM, SPICE. CONTAINS: Wheat, Soy.
Cooking Instructions:
FROM FROZEN: Place bag in large pot and just cover with water. Heat on high until water is boiling. Lower heat and simmer bag for 35-50 minutes or until internal temperature reaches 165 F Degrees. CAUTION: PRODUCT WILL BE HOT. Let cool at least 5 minutes before serving.
FROM THAWED: Thaw in refrigerator overnight. Empty contents of bag into medium pot. Simmer at Medium-Low heat for 10-20 minutes or until internal temperature reaches 165 F Degrees, stirring frequently. CAUTION: PRODUCT WILL BE HOT. Let cool at least 5 minutes before serving. NOTE: Cooking times may vary.
NET WEIGHT: 320 ozs (4-5 Lbs)
KEEP FROZEN
COOK AND SERVE
CODE: 16280
Nutrition Facts
Serving Size 1 Cup (228g)
Servings Per Container About 40
Amount Per Serving
Calories 270 Calories from Fat 60
% Daily Value*
Total Fat 7g 11%
Saturated Fat 1.5g 8%
Trans Fat 1g
Cholesterol 35mg 12%
Sodium 1050mg 44%
Total Carbohydrate 29g 10%
Dietary Fiber 1g 4%
Sugars 1g
Protein 17g
Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 30%
*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


St. Clair
FOODS
CHICKEN AND DUMPLINGS
INGREDIENTS: WATER, FLOUR DUMPLINGS (Enriched Bleached Wheat Flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], enzymes), Water, Partially Hydrogenated Soybean and Cottonseed Oils. Contains 2 % or less of Salt, Vital Wheat Gluten), COOKED CHICKEN MEAT, COOKED ALL WHITE CHICKEN MEAT, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Chicken Fat, Onion Powder, Disodium Inosinate, Disodium Guanylate, Extractives of Turmeric, Spice, Extractives), VEGETABLE OIL, (100% soybean oil), ENRICHED BLEACHED WHEAT FLOUR (niacin, iron (reduced), thiamine, mononitrate, riboflavin, folic acid), malted barley flour), MODIFIED CORN STARCH, HYDROLYZED CORN PROTEIN (Hydrolyzed Corn Protein, Partially Hydrogenated Oil [Soybean and Cottonseed] added), AUTOLYZED YEAST (Yeast Extract, Partially Hydrogenated Sunflower Oil), XANTHAN GUM, SPICE. CONTAINS: Wheat, Soy.
Cooking Instructions:
FROM FROZEN: Place bag in large pot and just cover with water. Heat on high until water is boiling. Lower heat and simmer bag for 15-25 minutes or until internal temperature reaches 165 F Degrees. CAUTION: PRODUCT WILL BE HOT. Let cool at least 5 minutes before serving.
FROM THAWED: Thaw in refrigerator overnight. Empty contents of bag into medium pot. Simmer at Medium-Low heat for 10-20 minutes or until internal temperature reaches 165 F Degrees, stirring frequently. CAUTION: PRODUCT WILL BE HOT. Let cool at least 5 minutes before serving. NOTE: Cooking times may vary.
NET WEIGHT: 32 oz. (2 lbs) (908 g)
Nutrition Facts
Serving Size 1 Cup (228g)
Servings Per Container About 4
Calories 280
Calories from Fat 60
% Daily Value*
Total Fat 7g
Saturated Fat 1.5g
Trans Fat 1g
Cholesterol 40mg
Sodium 1010mg
Total Carbohydrate 30g
Dietary Fiber 1g
Sugars 1g
Protein 18g
Vitamin A 0%
Vitamin C 0%
Calcium 2%
Iron 30%
*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
803011
CODE
16280
COOK AND SERVE!


V1
St. Clair
FOODS
CHICKEN & DUMPLINGS
COOK AND SERVE!
803009
CODE
16280
TIME:
09:38

Distributed by

Ron's Home Style Foods

Quality Ingredients with Lots of Love

Ron's Homestyle Foods
Houston, TX 77021

890110
V1

CHICKEN AND DUMPLINGS

INSPECTED U.S. P-6568

NET WEIGHT: 320 oz. (4 - 5 Lbs)

INGREDIENTS: WATER, FLOUR DUMPLINGS (Enriched Bleached Wheat Flour [wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid], enzymes), Water, Partially Hydrogenated Soybean and Cottonseed Oils, Contains 2 % or less of Salt, Vital Wheat Gluten), COOKED CHICKEN MEAT, COOKED ALL WHITE CHICKEN MEAT, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Chicken Fat, Onion Powder, Disodium Inosinate, Disodium Guanylate, Extractives of Turmeric, Spice Extractive), VEGETABLE OIL (100% soybean oil), ENRICHED BLEACHED WHEAT FLOUR (niacin, iron (reduced), thiamine mononitrate, riboflavin, folic acid), malted barley flour), MODIFIED CORN STARCH, HYDROLYZED CORN PROTEIN (Hydrolyzed Corn Protein, Partially Hydrogenated Oil (Soybean and Cottonseed) added), AUTOLYZED YEAST (Yeast Extract, Partially Hydrogenated Sunflower Oil), XANTHAN GUM, SPICE. CONTAINS: Wheat, Soy.

COOKING INSTRUCTIONS

FROM FROZEN: Place bag in large pot and just cover with water. Heat on high until water is boiling. Lower heat and simmer bag for 35-50 minutes or until internal temperature reaches 165 F Degrees. CAUTION: PRODUCT WILL BE HOT. Let cool at least 5 minutes before serving.

FROM THAWED: Thaw in refrigerator overnight. Empty contents of bag into medium pot. Simmer at Medium-Low heat for 10-20 minutes or until internal temperature reaches 165 F Degrees, stirring frequently. CAUTION: PRODUCT WILL BE HOT. Let cool at least 5 minutes before serving.

NOTE: Cooking times may vary.

COOK AND SERVE

CODE: 00000 KEEP FROZEN

Nutrition Facts

Serving Size 1 Cup (228g)
Servings Per Container About 40

Amount Per Serving

Calories 270	Calories from Fat 60
	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 1g	
Cholesterol 40mg	13%
Sodium 1330mg	55%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 16g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 10%

*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