

# POWER GREEN VEGETABLE POTSTICKERS

WITH  
KALE, COLLARDS  
AND SPINACH

NSN: Pending  
SKU: PGP01

## Nutrition Facts

Serving Size 23 g (0.8 oz)  
Servings per Container 1

### Amount per Serving

Calories 35    Calories from Fat 10

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Potassium</b> 35mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 1g	

**Protein** 1g

Vitamin A 15%    •    Vitamin C 6%

Calcium 2%    •    Iron 2%

\* 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
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

Calories per gram

Fat 9    •    Carbohydrates 4    •    Protein 4

## PACKAGING INFORMATION

Gross and case weight: 15 lbs

Cube: 0.70"

Tie/tier: 10 x 12

Cases/pallet: 120 cases

Approximately: 300 pieces

Case dimensions:

16.0" x 10.25" x 7.375"



However you call them- potstickers or gyoza, these are simply delicious. Our gyoza/potstickers are wrapped in a thin crepe pastry skin primarily made of kale and spinach.

These Power Greens are carefully blended with delicate vegetables and spices creating a symphony of flavors and are easy to prepare. Delicately made by hand and carefully precooked, all you need to do is reheat and enjoy this real treat that is good for you.

Try one, please. We know you are going to enjoy it.

### HEATING INSTRUCTIONS: REHEAT USING FROZEN POTSTICKERS

#### STEAM: (PREFERRED METHOD)

Cover bottom of pot or pan with sufficient water. Bring water to boil. Place potstickers in basket and steam 4-6 minutes. Be careful to not submerge the potstickers in the water.

#### PAN FRY: (USE NON-STICK PAN ONLY)

Put approximately 1 teaspoon of vegetable oil into the pan and turn on high heat for about 1 minute. Place about 7-10 potstickers flat side down into the pan and add about 1/4 cup of cold water. Cover the pan, turn on medium heat and cook for about 4-5 minutes. Lift the lid and allow excess water to evaporate. Continue to cook for about 20-30 seconds after the water evaporates so that the bottoms of the potstickers turn golden brown. Remove from the pan and enjoy!

**INGREDIENTS:** FILLING: CABBAGE, SPINACH, TOFU (WATER, SOYBEANS, CALCIUM SULFATE, CALCIUM CHLORIDE), KALE, CARROTS, COLLARD GREENS, WATER, SUGAR, SOYBEAN OIL, SESAME OIL, OAT, CORN STARCH, SOY SAUCE (WATER, SOYBEANS, RICE, SALT) GARLIC, GINGER, SEA SALT, NATURAL FLAVOR, WHITE PEPPER.

**WRAPPER:** WHEAT FLOUR, WATER, TAPIOCA STARCH, SOYBEAN OIL, SPINACH POWDER, SEA SALT

**ALLERGENS:** WHEAT AND SOY  
SHELF LIFE: 18 MONTHS

**STORAGE:** STORE AT OR BELOW ZERO FAHRENHEIT



C&R FOODS, Inc.

P.O. BOX 488 Ponte Vedra Beach, FL 32004

PHONE: (904) 273-4304

EMAIL: bfranco@c-rfoods.com or

bholmes@c-rfoods.com