



Product Description

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Southern Style Flat Dumplings

Item # 41308 01056

Product Description:

Made with enriched flour and whole egg, Southern Style dumplings are raw, flat, rectangular pieces of dough.



Case GTIN: 10041308010565

Pack: 4

Size: 3 lb

Shelf Life: 12 months

Package Format: Poly Bag

Servings Per Case: About 97

Storage: Keep Frozen

Product Preparation: Bring 2 gallons of water* to a rapid boil. Add 2 tablespoons salt if desired. Add frozen dumplings and return to full rolling boil, stirring to separate; reduce heat. Cook uncovered 30 minutes or to desired tenderness, stirring occasionally. Noodles will be tender but still slightly firm. *Or cook directly in soup or broth.

Operator Benefits: Thick & hearty homestyle dumpling
A traditional favorite for soups, casseroles, entrees and side dishes
Old fashioned homemade quality and flavor

Date Last Refreshed: 08/11/11

The information shown here may vary from the information on product currently in distribution. Keep in mind that ingredients, formulas, and labeling regulations may change, so nutrition information may also change. For the most accurate information for a particular product, please refer to the nutrition and ingredient information on the product package.



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INGREDIENTS:

ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, EGGS, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, OLEORESIN TURMERIC. CONTAINS: WHEAT, EGGS

Nutrition Facts

Serving Size 2 oz (57 g)
Servings Per Container about 96

Amount Per Serving

Calories 140 **Calories from Fat 10**

		% Daily Value*
Total Fat	1.5g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	30 mg	10 %
Sodium	430 mg	18 %
Total Carb.	29 g	10 %
Dietary Fiber	<1 g	4 %
Sugars	0 g	
Protein	4 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o Iron 8 %

* 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
Fiber		25g	30g

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

Other Nutrition Information:

2.50 Bread/grain equivalents per serving