



Product Description

[click here for
Nutrition Information](#)

[click here for
Recipe Collection](#)

Southern Style Flat Dumplings w/ Pepper

Item # 41308 22005

Product Description:

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



Case GTIN:	10041308220056
Pack:	6
Size:	3 lb
Shelf Life:	15 Months
Package Format:	Poly Bag
Servings Per Case:	About 58
Storage:	Keep Frozen
Product Preparation:	Add frozen precooked dumplings to boiling water, broth, soup or stew and cook until heated through (3 to 5 minutes). Or use frozen precooked dumplings directly in a casserole recipe in place of other cooked dumplings. Adjust bake time to allow for frozen dumplings.

Operator Benefits:	Quick prep time (3-5 minutes) Quality with convenience - prep only what is needed and keep the rest frozen! Little or no wasted product Easy menu extensions Consistently al dente results every time Labor reduction - saves \$\$
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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:

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

Nutrition Facts

Serving Size 5 oz (140 g)
Servings Per Container about 58

Amount Per Serving		
Calories	190	Calories from Fat 15
		% Daily Value*
Total Fat	1.5 g	2 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	40 mg	13 %
Sodium	560 mg	24 %
Total Carb.	39 g	13 %
Dietary Fiber	1 g	5 %
Sugars	0 g	
Protein	6 g	

o Vitamin A 0 % o Vitamin C 0 % o Calcium 0 % o 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
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:

3.25 Bread/grain equivalents per serving