



# Eat locally. Eat naturally.

## 20 ARTISAN PORK & VEGETABLE DUMPLINGS



NET WEIGHT  
14.1oz(0.88lbs)  
400g



Nutrition Facts	
7 servings per container	
Serving size 5 pieces (100g)	
Amount Per Serving	
<b>Calories 210</b>	
% Daily Value*	
Total Fat 10g	20%
Saturated Fat 2g	4%
Trans Fat 0g	0%
Cholesterol 15mg	3%
Sodium 290mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	4%
Total Sugars 2g	4%
Includes 2g Added Sugars	4%
Protein 6g	12%
Vitamin D 0.6mcg	12%
Calcium 38mg	8%
Iron 0.54mg	10%
Potassium 188mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### INGREDIENTS:

**Filling:** Pork, Cabbage, Onion, Soy Sauce (water, soybeans, salt, wheat flour), Soybean Oil, Green Onion, Ginger, Salt, Sugar, Corn Starch, Egg White, Sesame Oil, White Pepper.  
**Wrapper:** Wheat Flour, Water, Potato Starch, Soybean Oil, Tapioca Starch, Egg White, Salt.  
**Contains Wheat, Soy, Sesame and Egg.**

## 20 ARTISAN CHICKEN & VEGETABLE DUMPLINGS



NET WEIGHT  
14.1oz(0.88lbs)  
400g



Nutrition Facts	
7 servings per container	
Serving size 5 pieces (100g)	
Amount Per Serving	
<b>Calories 180</b>	
% Daily Value*	
Total Fat 7g	14%
Saturated Fat 2.25g	4%
Trans Fat 0g	0%
Cholesterol 15mg	3%
Sodium 290mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	4%
Total Sugars 2g	4%
Includes 2g Added Sugars	4%
Protein 10g	20%
Vitamin D 0.6mcg	12%
Calcium 38mg	8%
Iron 0.54mg	10%
Potassium 188mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### INGREDIENTS:

**Filling:** Chicken, Cabbage, Onion, Soy Sauce (water, soybeans, salt, wheat flour), Soybean Oil, Green Onion, Ginger, Salt, Sugar, Corn Starch, Egg White, Sesame Oil, White Pepper.  
**Wrapper:** Wheat Flour, Water, Potato Starch, Soybean Oil, Tapioca Starch, Egg White, Salt.  
**Contains Wheat, Soy, Sesame and Egg.**

## 20 ARTISAN KALE & EDAMAME DUMPLINGS



NET WEIGHT  
14.1oz(0.88lbs)  
400g



Nutrition Facts	
usually 4 servings per container	
Serving size 5 pieces (100g)	
Amount Per Serving	
<b>Calories 140</b>	
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 0.5g	1%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	4%
Includes 2g Added Sugars	4%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3.96mg	70%
Potassium 0mg	0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### INGREDIENTS:

**Fillings:** Kale, Edamame, Soy Protein, Garlic, Lemon Juice, Sesame Oil, Scallions, Corn Syrup, Salt, Ground Pepper Powder, Black Sesame Seeds.  
**Wrapper:** Wheat Flour, Water, Potato Starch, Soybean Oil, Tapioca Starch, Salt.  
**Contains Wheat, Soy.**

**\*VEGAN**

Pre-steamed dumplings made fresh in the USA

- All natural
- No Preservatives
- No MSG Added
- 0g Trans Fat per Serving
- Ready in just 10 minutes

**CONNECT WITH US** to find out more about New York's favorite dumplings:

islandcitydumpling @islandcitydumpling  
[www.islandcityfoods.com](http://www.islandcityfoods.com)



### PALLET CONFIGURATIONS

Packing	Case Wt.	Pallet Wt.	Pallet Stack	Cases/Pallet
12bag-case	11.50 lbs	1,035 lbs	USA	90 (10x 9)

### SALES INQUIRIES

[info@islandcityfoods.com](mailto:info@islandcityfoods.com)

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