



206599C Chicken & Vegetable Gyoza (Ajinomoto)



Pack Size: 10 X 600G

Details: Half-moon shaped Japanese-style dumplings with a chicken, vegetable and soy sauce filling (approx. 20g each / 30 pieces per pack).

Allergen Information

Contains:

Cereal, Sesame, Gluten, Soya

Free from:

Fish, Lupin, Milk, Molluscs, Mustard, Nuts, Peanuts, Sulphur Dioxide

May contain:

Crustaceans, Celery, Eggs

Handling Information

Directions For Use:

From Frozen unless otherwise stated Deep Fry: Fry at 170°C - 180°C for about 2 minutes 30 seconds. For best results, cook from frozen. *Pan fry: Pour 1 tablespoon of oil into a frying pan and heat. Add frozen product and fry for 2 minutes. Then pour 4 tbsp of water (about 60ml) into the pan. Boil for 2 minutes with lid. Take the

Storage Instructions:

Keep Frozen. Store at -18°C or below

Product Ingredients

Product Ingredients:

Vegetables 28% (Cabbage, Onion), **WHEAT** Flour, Chicken Meat 18%, Chicken Skin 11%, Water, Rapeseed Oil, Breadcrumbs (**WHEAT** Flour, Salt, Yeast), Salt, Chives, Garlic Powder, **WHEAT GLUTEN**, **SOY** Sauce (Water, **SOY** Bean, **WHEAT**, Salt), **SESAME** Oil, Potato Starch, Ginger

Nutritional Information

Typical Values per 100g/ml:

Based on a reference intake of an average adult (8400kJ/2000kCal) diet

Energy:

187 kcal / 782 kJ

Fat:

8.6 g

of which saturates:

2.4 g

Carbohydrates:

19 g

of which sugars:

2.7 g

Fibre:

1.5 g

Protein:

7.3 g

Salt:

0.85 g



All product information is correct at time of upload. Information may change so please check the packaging before use.

If allergen information is not presented here, please obtain it from the product packaging or speak with our QA Department.