



206600C Vegetable Green Gyoza (Ajinomoto)



Pack Size: 10 X 600G

Details: Half-moon shaped Japanese-style dumplings flavoured with spinach, with a five vegetable (cabbage, peas, edamame beans, carrots, white radishes) and soy sauce filling (approx. 20g each/30 pieces per pack). Suitable for vegetarians and vegans.

Allergen Information

Contains:

Cereal, Sesame, Soya, Gluten

Free from:

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

May contain:

Celery, Eggs, Crustaceans

Suitable for:

Vegetarians, Vegan

Handling Information

Directions For Use:

From Frozen unless otherwise stated Deep Fry: Fry at 170°C - 180°C for about 2½ minutes. 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 lid off and

Storage Instructions:

Keep Frozen. Store at -18°C or below

Product Ingredients

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Vegetables 55% (Cabbage, Pea, **SOY** Bean [Edamame], Carrot, White Radish), **WHEAT** Flour, Water, Breadcrumbs (**WHEAT** Flour, Salt, Yeast), Salt, Spinach Powder 0.6%, **SOY** Sauce (Water, **SOY** Bean, **WHEAT**, Salt), **WHEAT GLUTEN**, Garlic Powder, **SESAME** Oil, Natural Flavouring,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

133 kcal / 563 kJ

Fat:

0.9 g

of which saturates:

0.2 g

Carbohydrates:

26 g

of which sugars:

3.9 g

Fibre:

1.2 g

Protein:

4.9 g

Salt:

1.03 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.