



206720S Prawn Gyoza (Ajinomoto)



Pack Size: 600G BAG

Details: Half-moon shaped, authentic Japanese-style dumplings made with a beetroot infused pastry and filled with a tasty prawn, vegetable and mushroom filling. This versatile product can be steamed, boiled, deep fried or pan fried. The gyozas are approx. 20g each, with 30 pieces per bag.

Allergen Information

Contains:

Cereal, Crustaceans, Eggs, Sesame, Gluten

Free from:

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

May contain:

Celery, Soya

Handling Information

Directions For Use:

From Frozen unless otherwise stated Deep Fry: Fry at 170°C - 180°C for about 3 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, pour 60 mL (4 tbsp) of water into the pan, and boil for 4 minutes with lid. Take the

Storage Instructions:

Keep Frozen. Store at -18°C or below

Product Ingredients

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Shelled **SHRIMP** (CRUSTACEAN) 27% (**SHRIMP** Litopenaeus vannamei 21%, Water, Salt, Stabilisers (E451, E452)), Vegetables (Cabbage, Carrot), **WHEAT** Flour, Water, Potato Starch, Rapeseed Oil, Breadcrumbs (**WHEAT** Flour, Salt, Yeast), Mushroom (Agaricus bisporus), **SESAME** Oil, Sugar, Salt,

Nutritional Information

Typical Values per 100g/ml:

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

Energy:

160 kcal / 674 kJ

Fat:

4.81 g

of which saturates:

0.5 g

Carbohydrates:

22 g

of which sugars:

2.9 g

Fibre:

1.5 g

Protein:

6.2 g

Salt:

0.73 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.