

# Amy Food Inc.

good food, made in Houston

## PRODUCT SPECIFICATION SHEET

UPC Code: 042957 03015 0

### Chicken Potstickers 1 oz / 8 ct

Product Code: 03015

Nutrition Facts			
Serving Size 4 pieces (112g)			
Serving Per Container 2			
Amount Per Serving			
Calories 170		Calories from Fat 20	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	0g		0%
Mono Fat	0g		
Poly Fat	0g		
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	105mg		4%
Total Carbohydrates	28g		9%
Dietary Fiber	2g		8%
Sugars	1g		
Protein	9g		
Vitamin A	20%	Vitamin C	15%
Calcium	2%	Iron	10%
*Percent Daily Values are based on a 2, 000 calorie diet			



### PACKING INFORMATION

Case Pack	Case Weight	Case Dimensions	Case Cube	Pallet Tie	Pallet Tier	Cases Per Pallet	Pallet Type
12/ 9.0 oz	7.55#	17"x8.75"x5.125"	0.44	10 cases	12 layers	120	48" X 40"

**Filling Ingredient:** Chicken, cabbage, carrot, green onion, ginger, spice, cornstarch, cooking oil, sesame oil, salt, chicken flavor and sugar.

**Crust ingredients:** Enriched Flour (wheat flour, niacin, reduced iron, thiamine mono nitrate, riboflavin, folic acid, enzyme added), Water, Cornstarch

**ALLERGENS:** Soy, Wheat

**Cooking Instructions: For Best Results:** Preheat non-stick skillet on high for 1 minute, then turn to medium high. Add 1 Tbsp. of cooking oil and place potstickers arranged in single layer into skillet, cook until golden brown. Add ¼ cup water. Cover and cook for additional 2 minutes or until water evaporates. **Boil & Brown:** Boil 8 cups of water. Place Potstickers and stir slowly to prevent sticking. Turn to medium heat when water boils again. Cook until Potstickers float and slightly plump. To brown, add 1 Tbsp. of cooking oil to non-stick skillet on medium heat. Place boiled Potstickers in skillet and cook until golden brown.

**Microwave:** Place Potstickers in a microwave safe dish and cover with hot water. Cook on high for 2 minutes. Be careful of hot water. Brown if desired using instructions above. \*SINCE EQUIPMENT VARIES, TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENT.

**SHELF LIFE:** 12 MONTHS AT 10°F OR LOWER