

Amy Food Inc.

good food, made in Houston

PRODUCT SPECIFICATION SHEET

UPC Code: 042957 31020 7

Chicken Potstickers 1 oz / 20 ct

Product Code: 31020

Nutrition Facts			
Serving Size 4 pieces (112g)			
Serving Per Container 5			
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
6/20 oz	8.3#	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