

HelloFresh Chicken Dumplings & Veggie Dumplings Bundle

Nutrition Facts

servings per container
Serving size

Amount per serving
Calories

Total Fat

Saturated Fat

Trans Fat

Cholesterol

Sodium

Total Carbohydrate

Dietary Fiber

Total Sugars

Includes Added Sugars

Protein

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D

Calcium

Iron

Potassium

Sesame Ginger
 Chicken Gyoza
 Dumplings

2
 1/2 package
 (125g)

210

% Daily Value*

6g **8%**

1g **5%**

0g

20mg **7%**

570mg **25%**

29g **11%**

0g **0%**

5g

2g **4%**

10g

0mcg **0%**

30mg **2%**

2.5mg **15%**

110mg **2%**

Vegetable Gyoza
 Dumplings

2
 1/2 package
 (125g)

200

% Daily Value*

3g **4%**

0g **0%**

0g

0mg **0%**

690mg **30%**

35g **13%**

3g **11%**

6g

3g **6%**

8g

0mcg **0%**

40mg **4%**

2.5mg **15%**

260mg **6%**

Sesame Ginger Chicken Gyoza Dumplings: filling (chicken, cabbage, SESAME oil, carrot, ginger, salt, green onion, SOY sauce (water, SOYBEANS, WHEAT, salt), canola oil, ground SESAME, sugar, spices, cilantro, granulated garlic), wrapper (bleached enriched flour (WHEAT flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), benzoyl peroxide, ascorbic acid, amylase), water, canola oil, salt, corn starch, gyoza sauce (water, sugar, SOY sauce (water, SOYBEANS, WHEAT, salt), vinegar, canola oil, salt, ground SESAME, SESAME oil, granulated garlic, spices, turmeric, guar gum, xanthan gum).

Contains: Sesame, Soy, Wheat

Vegetable Gyoza Dumplings: filling: (cabbage, carrot, corn, textured SOY flour, shiitake mushroom, modified corn starch, SOY sauce (water, SOYbeans, wheat, salt), green onion, canola oil, salt, sugar, sesame oil, granulated garlic, spices, guar gum, xanthan gum), (wrapper: bleached enriched flour [wheat flour, enrichment (niacin, iron, thiamine mononitrate, riboflavin, folic acid), benzoyl peroxide, ascorbic acid (dough conditioner), amylase], water, corn starch), (gyoza sauce: water, vinegar, spices (contain turmeric), xanthan gum).

Contains: Sesame, Soy, Wheat