

HelloFresh Market Add-On Chicken Gyoza Dumplings + Chicken Spring Rolls

Nutrition Facts		Sesame Ginger Chicken Gyoza Dumplings	Thai Basil Chicken Spring Rolls
servings per container		2	2.5
Serving size		1/2 Package (125g)	2.5 spring rolls with sauce (140g)
Amount per serving			
Calories		210	280
		% Daily Value*	% Daily Value*
Total Fat		6g 8%	12g 15%
Saturated Fat		1.5g 8%	1g 5%
Trans Fat		0g	0g
Cholesterol		20mg 7%	5mg 2%
Sodium		580mg 25%	740mg 32%
Total Carbohydrate		29g 11%	37g 13%
Dietary Fiber		0g 0%	4g 14%
Total Sugars		5g	12g
Includes Added Sugars		3g 6%	8g 16%
Protein		10g	8g
	Vitamin D	0mcg 0%	0mcg 0%
	Calcium	30mg 2%	40mg 4%
	Iron	2.5mg 15%	2.4mg 15%
	Potassium	110mg 2%	280mg 6%

*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.

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.

Thai Basil Chicken Spring Rolls: filling (cabbage, chicken, water, textured SOY flour, green beans, red bell pepper, onion, sugar, SOY sauce (water, SOYBEAN, WHEAT, salt), corn starch, salt, canola oil, garlic, thai basil, natural flavor (contains canola oil), spices, chili flakes, SESAME oil), wrapper (water, bleached enriched flour (WHEAT flour, enrichment (niacin, iron, thiamine mononitrate, riboflavin, folic acid), benzoyl peroxide, ascorbic acid (dough conditioner), amylase), leavening (sodium acid pyrophosphate, sodium bicarbonate, monocalcium phosphate, calcium sulfate)), sweet chili sauce (water, modified corn starch, vinegar, tomato paste (tomato, citric acid), granulated garlic, spice, guar gum).

Contains: Sesame, Soy, Wheat.