

# HelloFresh Veggie Dumplings & Veggie Spring Rolls 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**

Vegetable Spring Rolls

Vegetable Gyoza Dumplings

2

1/2 package  
(175g)

**400**

% Daily Value\*

18g **23%**

1.5g **8%**

0g

0mg **0%**

760mg **33%**

51g **19%**

5g **18%**

12g

9g **18%**

12g

0mcg **0%**

60mg **4%**

3mg **15%**

420mg **8%**

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%**

**Vegetable Spring Rolls:** filling: cabbage, textured SOY flour, carrot, sugar, salt, mushroom, spices (contain turmeric), granulated garlic, 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, corn starch, monocalcium phosphate, calcium sulfate), canola oil, plum sauce: water, pumpkin, vinegar, modified corn starch, apricot puree (apricot, invert sugar), 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.