



## HUNGRY PLANET PORK™ GYOZA

Hungry Planet Pork™ Gyoza contains premium plant-based meat that stores, prepares, cooks and tastes just like conventional lean pork. Chef-crafted to be delicious, versatile, and healthful, Hungry Planet Pork™ Gyoza is perfect as an appetizer or entree. Packed with protein and fiber, with fewer calories and less fat (no saturated) than conventional and competitor meats, it's the healthful way to be kinder to our planet.

- *Packed with protein and fiber.*
- *No cholesterol. No antibiotics.*
- *Lower in fat. No saturated fats. Fewer calories.*

### HANDLING & COOKING INSTRUCTIONS

Keep frozen. Cook from frozen. Hungry Planet Pork™ Gyoza are fully cooked and can be prepared according to any recipe. Gyoza Style: preheat lightly oiled non-stick skillet over medium heat. Add frozen Gyoza flat-side down. Cook uncovered 4-5 mins until Gyoza bottoms are golden brown. Add 1/4 Cup vegetable stock or water, cover and cook additional 4-5 mins. until almost all liquid is evaporated. Remove lid and cook until Gyoza bottoms are slightly crisp and thoroughly browned. For steamer, pre-heat steamer with ample water. Line steamer with steaming paper or cheesecloth. Place Gyoza in steamer, each piece separated. Steam 12-15 mins.

### INGREDIENTS

Hungry Planet Pork™ (Water, Textured Wheat Protein, Soy Protein Concentrate, High Oleic Sunflower Oil, Natural Flavors, Modified Vegetable Gum), Cabbage, Wonton (Enriched Wheat Flour [Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Folic Acid, Riboflavin], Water, Salt, Potato Starch), Chives, Tamari Soy Sauce (Water, Soybeans, Salt, Sugar), Ginger, Garlic Paste (Water, Garlic, Salt, Citric Acid, Xanthan Gum, Natural Flavors), Sesame Oil, Miso (Water, Soybeans, Rice, Salt), Rice Wine (Water, Rice, Salt), Sugar, Trehalose.

### ALLERGENS

Contains: Wheat, Soy, Sesame.

### SPECIFICATIONS

Type: Cooked, Frozen, Vegan  
Item Number: 30820  
UPC Code: 00886844308201  
Manufacturing Location: USA  
Net Wt: 10lbs. (1 x 10lb package)  
Case Dimensions: 11.5"L x 8.75"W x 6"H  
Cases Per Pallet: 153  
Transport/Storage Temp: -10°F to 0°F  
Frozen Shelf Life: 18 months  
Refrigerated Shelf Life: 7-10 days  
\*Case is marked with a use by date. MMDDYYYY\*

### NUTRITION FACTS

|                        |            |
|------------------------|------------|
| Serving Size           | 3oz (87g)  |
| Servings per Container | 31         |
| Calories               | 120        |
| Total Fat              | 2.5g       |
| Saturated Fat          | 0g         |
| Trans Fat              | 0g         |
| Cholesterol            | 0mg        |
| Sodium                 | 320mg      |
| Total Carb.            | 15g        |
| Total Dietary Fiber    | 2g         |
| Sugars                 | 2g         |
| Protein                | 7g         |
| Vit D                  | 0%DV       |
| Calcium                | 30mg 2%DV  |
| Iron                   | 1.5mg 8%DV |
| Potassium              | 180mg 4%DV |

### FOR MORE INFORMATION

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### DOT CODE

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