

63053 | Ajinomoto | 30Ea

## 5 VEGETABLE GREEN GYOZA

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### Description

Brand Name	Ajinomoto
Country of Origin	Poland

### Ingredients

Ingredients	Vegetables 55% (Cabbage, Pea, SOY Bean [Edamame], Carrot, White Radish), WHEAT Flour, Water, Breadcrumbs (WHEAT Flour, Salt, Yeast), Salt, Spinach Powder 0.6%, SOY Sauce (Water, SOY Bean, WHEAT, Salt), WHEAT GLUTEN, Garlic Powder, SESAME Oil, Potato Starch, Natural Flavouring (contains WHEAT), Ginger Powder, Black Pepper.
Is the product made from at least 65% British ingredients?	No
Contains GM Ingredients	No

### Nutrition

Servings per Consumer Unit (Inner)	100
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Nutrients	Quantity per 100g/ml
Energy (Kilojoules)	556 kJ
Energy (Kilocalories)	133 kcal
Fat, Total	0.9 g
Saturated	0.2 g
Carbohydrate	26 g
Sugars	3.9 g
Dietary Fibre, Total	1.2 g
Protein, Total	4.9 g
Salt	1.025 g
Sodium	410 mg

### Allergens

Cereals containing Gluten (and products thereof)	Contains
Wheat (as an ingredient)	Contains
Rye (as an ingredient)	Does NOT Contain
Barley (as an ingredient)	Does NOT Contain
Oats (as an ingredient)	Does NOT Contain
Crustaceans (and products thereof)	May Contain
Egg and Egg Products	May Contain
Fish and Fish Products	Does NOT Contain
Peanut and Peanut Products	Does NOT Contain
Soybean and Soybean Products	Contains
Milk and Milk Products	Does NOT Contain
Tree Nuts (and products thereof)	Does NOT Contain
Almonds (as an ingredient)	Does NOT Contain
Hazelnuts (as an ingredient)	Does NOT Contain
Walnuts (as an ingredient)	Does NOT Contain
Cashews (as an ingredient)	Does NOT Contain
Pecan nuts (as an ingredient)	Does NOT Contain
Brazil nuts (as an ingredient)	Does NOT Contain
Pistachio nuts (as an ingredient)	Does NOT Contain
Macadamia or Queensland nuts (as an ingredient)	Does NOT Contain
Celery / Celeriac (and products thereof)	Does NOT Contain
Mustard (and products thereof)	Does NOT Contain
Sesame Seeds and Sesame Seed Products	Contains
Sulphur Dioxide and Sulphites (>10mg/kg)	Does NOT Contain
Lupin (and products thereof)	Does NOT Contain
Molluscs (and products thereof)	Does NOT Contain

## Dietary Information

Halal Certified	No
Kosher Certified	No
Suitable for Vegan	Yes
Suitable for Vegetarian	Yes
Organic Certificate	No Organic certificate
Can any Ethical or Fairly traded claims be made?	No ethical or fairtrade claim
Can any other sustainability claims be made for this product?	None
Does any other assurance scheme apply to this product?	No assurance scheme

## Preparation Suggestions

Is the product ready to eat?	No
Oven	No
Oven From Frozen	No
Microwave Instructions	No
Fry	From frozen - Fry at 170°C - 180°C for about 2½ minutes.From frozen - Pour 1 tablespoon of oil into a frying pan and heat. Add frozen product and fry for 2 minutes. Then pour 4 tbsp of water (about 60ml/1 cup) into the pan. Boil for 2 minutes with lid. Take the lid off and boil again for 1 minute until the water boils away.0
Grill	No
Other	From frozen - Boil for about 3 minutes 30 seconds into simmering water.From frozen - Pour 1 tablespoon of oil into a frying pan and heat. Add frozen product and fry for 2 minutes. Then pour 4 tbsp of water (about 60ml/1 cup) into the pan. Boil for 2 minutes with lid. Take the lid off and boil again for 1 minute until the water boils away.0

## Packaging

Do you have any packaging environmental claims?	No environmental packaging claim
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