

Vegetarian Dim Sims



Packed: 10 x 1doz (12/pkt)
Size: 80gm
Code: DS1
Inner Barcode: 9317562001149
Outer Barcode: 19317562001146

Description

- 3 different vegetables shredded and rolled in a rice paper pastry.
- A true vegetarian & vegan product.
- 4 way cook – steam, deep fry, oven bake or microwave.
- Portion control for convenience.

Nutritional Information

Servings per package: 6

Serving size: 160gm – 2 pieces (80g)

	Ave. Quantity per Serving	Ave. Quantity per 100g
Energy	888kj	552kj
Protein	5.7g	3.5g
Fat, total	6g	3.8g
– saturated	0.9g	0.6g
Carbohydrate	30.4g	19.0g
– sugars	3.7g	2.3g
Sodium	601mg	376mg

Cooking

- From frozen deep-fry at 180°C for approximately 4 minutes (40gm) or 7 minutes (80gm).
- If thawed, deep-fry at 180°C for approximately 2.5 minutes (40gm) or 4 minutes (80gm).
- Spray Dim Sims with oil spray and oven-bake at 220°C from frozen for 20 minutes.
- Steam from frozen for 10 minutes (40gm) or 13 minutes (80gm).

Ingredients

Vegetables 38.1% (cabbage, carrot, shallot) **wheat** flour, corn starch, vermicelli (mung bean flour, water) water, **soybean** oil, tapioca starch, salt, **sesame** oil, **soy** sauce, ginger, sugar, black pepper.

Allergen Advice

Contains: wheat, gluten, soybean, sesame.

May be present: crustacean, mollusc, peanut.