

Whole Grain Country Dumpling Dinner Mix

Rippled whole wheat noodle dumplings team with a rich chicken broth, onions, bell peppers, celery, and spices in this dish.



Basic Recipe

- 1 Whole Grain Country Dumpling Dinner Kit (1 bag chicken soup mix & 2 bags pasta)
- 4 lbs Cooked and Diced Chicken
- 5.25 qts Boiling Water

Kettle Method

1. Add one Country Dumpling Dinner Kit to 5.25 quarts of boiling water, then reduce heat and simmer until noodles are done and product has reached desired consistency. (30-40 minutes).
2. Fold in Chicken, then cover and allow to stand for 15 minutes before serving.

Oven Method

1. Combine Boiling Water, Chicken, and one Country Dumpling Dinner Kit in a full steam table pan.
2. Bake in a preheated 425° oven until noodles reach desired consistency (about 30-40 minutes).
3. Remove from oven and keep covered until ready to serve.

Yield: 32 - 3/4 cup (7 oz) servings; 192 / case

Meal Components Met Per Serving:
2 oz Meat, 1 Bread

Nutrition Facts	Whole Wheat Country Dumpling Dinner, As Packaged		As Prepared with Diced Chicken	
	(35g)		7 oz (247g)	
Serving Size 35g				
Servings Per Container 32	32		32	
Amount Per Serving				
Calories		130		220
Calories from Fat		10		45
		% Daily Value*		% Daily Value*
Total Fat	1g	2%	4.5g	7%
Saturated Fat	0g	0%	1g	5%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	50mg	17%
Sodium	400mg	17%	440mg	18%
Total Carbohydrate	25g	8%	29g	10%
Dietary Fiber	3g	12%	3g	12%
Sugars	2g		2g	
Protein	4g		18g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:				
	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
	Fat	9	Carbohydrate	4
			Protein	4
Vitamin A	0%		0%	
Vitamin C	0%		0%	
Calcium	0%		2%	
Iron	6%		6%	



Ordering Information:
Item Code: G0342
Pack Size: 6 / Kits
Servings per Case: 192

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