



## itsu Vegetarian Fusion Gyoza (12x270g) F2192

DESCRIPTION
Steamed Asian wheat parcels filled with vegetables, tofu & soya mince accompanied by three sachets of seasoned soy dipping sauce

STORAGE
keep frozen- 18°C. If thawed, keep refrigerated and use within 24 hours. Do not re-freeze.

INGREDIENTS
gyoza filling (vegetables (37%) [carrot, leek, spring onion, white onion, cabbage], water, tofu [soya beans, water], high protein soya mince, sweet potato starch noodles, corn oil, soy sauce [soya beans, wheat, water, salt, alcohol], sesame oil, sugar, seasoning oil [rapeseed oil, onion powder, antioxidant: tocopherol-rich extract: onion oil], ginger, garlic, soya protein, salt, soy seasoning [soya beans, yeast, salt, wheat gluten, maltodextrin, yeast extract, dextrin, vinegar], black pepper), gyoza skin (wheat flour, water, wheat gluten, salt).

ALLERGENS
For allergens, see ingredients in bold.

UNIT FORMAT		
Net weight:	270g	
Packaging :	Format:	Matt bag with a gusset and a re-sealable
	Material :	PET12/PE20/LDPE65
	Recyclable:	No
	Dimensions (mm)	190 X 270 X 60
	Weight (g)	14
	Method of Closure	Heat sealed

CONSUMER INFORMATION
Suitable for vegans High in protein

NUTRITIONAL INFORMATION		
	Typical nutritional values per:	100g
	Energy (kJ)	730
	Energy (kcal)	173
	Fat (g)	3.5
	of which saturates (g)	0.5
	Carbohydrate (g)	25
	of which sugars (g)	3.8
	Fibre (g)	2.6
	Protein (g)	9.4
	Salt (g)	1.1

CASE FORMAT		
Packaging:	Material :	Cardboard BB Flute
	Recyclable:	Yes
	Units per case:	12
	Dimensions (mm)	323 x 228 x 226
	Case net weight (g)	400g
	Case gross weight (g)	3808g

SPECIFICATIONS
Appearance: White skin, with speckles of green and orange showing through the skin
Texture: Pasta like texture, casing and textured filling
Flavour: Meaty taste from soya protein and vegetable taste from other vegetables.

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BARCODES	
Inner:	5060262489598
Outer:	5060262489604


COOKING INSTRUCTIONS
cooking instructions [from frozen] for 8 gyoza
steam [colander or sieve] •Place colander/sieve above pan of boiling water. •Place gyoza in colander/ sieve, cover with any lid & steam for 6 mins.
pan cook [authentic Japanese style] •Preheat 1 tsp of oil in a frying pan over a low/medium heat. •Add gyoza & cook for 4 mins. •Carefully add 4 tbsp of cold water, cover with any lid and cook for another 4 mins until all the water evaporates.
gently simmer •Add gyoza to pan of softly boiling water. •Simmer for 3 mins then drain.