

# Asian Potstickers

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44345

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken & Vegetable Potstickers	6 Each	<p>or food safety and quality, heat before eating to an internal temperature of 165 degree F. Pan-Sear: Heat a large nonstick skillet pan over high heat then add 2oz of water to coat. Add 12-14 frozen dumplings then cover and cook for 2-3 minutes or until most water is absorbed. Reduce heat to medium, then add 0.5 oz of oil. Cover and let simmer for approximately 3-4 minutes or until golden brown. Deep-Fry: Pre-heat oil to 350 degrees F, place 12-14 frozen dumplings into a fryer basket. Immerse for 4-5 minutes or until golden brown. Periodically shaking baskets during cook time to prevent dumplings from sticking together. Steam: Pre-heat steamer. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Steam dumplings uncovered for 8 minutes or until cooked through. Boil(soup): Add frozen dumplings into boiling water. Cover and boil over high heat 3 minutes or until dumplings float on top. Reduce heat and simmer 2 minutes. Convection Oven-low fan: Preheat oven to 350 degrees F. Lightly coat a 2" full-size hotel pan with cooking oil spray. Arrange and space apart 20-24 frozen dumplings into pan without touching. Add 1 cup of water. Cover with foil and bake 20 minutes or until cooked through. Let stand 2 minutes before serving. Heating time may vary due to equipment variances. Refrigerate or discard any unused portion.</p>	640331
SAUCE GOCHUJANG PEPR	1/4 Cup	READY_TO_EAT Ready to use.	378581

## Preparation Instructions

1. pour 3 bags of potstickers into a 4 inch steam table pan
2. add 32 oz of sauce stir well
3. bake at 350 for 20 mins stir, return to oven cook an additional 10-15 mins until internal temp reaches 165
4. serve with steamed Asian style veggies and Asian brown rice

Recipe notes: 72 servings per case of the potstickers 6 potstickers per serving 3 bags to 1 pan with 32 oz of sauce

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
<b>Calories</b>	320.00
<b>Fat</b>	7.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	25.00mg
<b>Sodium</b>	1110.00mg
<b>Carbohydrates</b>	55.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	30.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 25.90mg	<b>Iron</b> 2.20mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available