



-RETAIL-

# NO BULLS#!T, JUST DUMPLINGS

## MAMA'S DUMPLINGS

Our dumplings are made with home-style filling in the heart of Philadelphia. Our dumplings are made using only the highest quality ingredients. We use fresh diced onions, farm-fresh meat, and carefully selected spices to give our dumplings their rich and mouthwatering flavors.

## HEATING INSTRUCTIONS:

### STOVE TOP:

1. Bring 5 quarts of slightly salted water to a boil.
2. Add frozen dumplings into boiling water and cook for 10 - 12 minutes.
3. Drain pasta immediately and serve hot!

## SERVING INSTRUCTIONS:

- Can be served as lunch or dinner!
- Serve hot with butter, sour cream or your favorite pasta sauce!
- Easy and quick to cook with the delicious taste you love.

## QUESTIONS AND MORE INFO:

Visit our website at [www.mama-adas.com](http://www.mama-adas.com) or email [orders@mama-adas.com](mailto:orders@mama-adas.com) for more information.

## OUR FLAVORS



## "THE GOODS"

UPC	SKU	DUMPLING FILLING	PACK SIZE	GROSS WT.	CASE CUBE	CASE DIMENSIONS (in.)	PALLET CASES x ROWS
8226140300196	ADA-DPB	PORK & BEEF	12 x 2lb	25.2 lbs.	0.93	15.5 x 12.5 x 8.5	9x8=72
8226140300264	ADA-DCH	CHICKEN	12 x 2lb	25.2 lbs.	0.93	15.5 x 12.5 x 8.5	9x8=72



# Mama Ada's Dumplings & Crepes

## DUMPLINGS MADE WITH PORK & BEEF

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 11g	<b>14%</b>	<b>Total Carb.</b> 35g	<b>13%</b>
6 servings per container	Sat. Fat 3.5g	<b>17%</b>	Fiber 6g	<b>21%</b>
	Trans Fat 0g		Total Sugars 0g	
<b>Serving size</b> <b>13 pieces (143g)</b>	<b>Cholesterol</b> 40mg	<b>14%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Calories per serving</b> <b>290</b>	<b>Sodium</b> 440mg	<b>19%</b>	<b>Protein</b> 16g	
Vitamin D 2% • Calcium 2% • Iron 10% • Potassium 8%				



**INGREDIENTS:** DOUGH: Wheat Flour (Wheat), Water, Soybean Oil, Wheat Gluten, Salt. FILLING: Pork, Onions, Beef, Wheat, Water, Vital Wheat Gluten, Salt, Black Pepper. Allergens: Wheat

## DUMPLINGS MADE WITH CHICKEN

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 6g	<b>7%</b>	<b>Total Carb.</b> 34g	<b>12%</b>
6 servings per container	Sat. Fat 1.5g	<b>7%</b>	Fiber 6g	<b>21%</b>
	Trans Fat 0g		Total Sugars 0g	
<b>Serving size</b> <b>13 pieces (143g)</b>	<b>Cholesterol</b> 55mg	<b>18%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Calories per serving</b> <b>240</b>	<b>Sodium</b> 430mg	<b>19%</b>	<b>Protein</b> 16g	
Vitamin D 0% • Calcium 2% • Iron 10% • Potassium 10%				



**INGREDIENTS:** DOUGH: Wheat Flour (Wheat), Water, Soybean Oil, Wheat Gluten, Salt. FILLING: Chicken, Onions, Wheat, Water, Vital Wheat Gluten, Salt, Black Pepper. Allergens: Wheat