



Stouffer's Chicken and Dumplings 4 x 95 ounces



Tender flat dumplings and pulled dark chicken meat together in a lightly seasoned chicken cream sauce. Homemade in appearance. Warm and welcoming with every bite.

0g Trans Fat per serving. Versatile dish that holds well on a steam table and is perfect for a buffet or deli take-out.



Nestlé Code: 11003946

Nestlé Case Code: 10013800301250

NUTRITIONAL VALUE

Ingredients

SKIM MILK, BLANCHED DUMPLINGS (WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, SOYBEAN OIL, SALT), COOKED CHICKEN LEG MEAT, SOYBEAN OIL, CHICKEN FAT, 2% OR LESS OF COOKED MECHANICALLY SEPARATED CHICKEN, MODIFIED CORNSTARCH, SALT, BLEACHED WHEAT FLOUR, MUSHROOM BASE (SAUTEED MUSHROOMS, SUGAR,

Allergens

MILK, EGGS, SOY, WHEAT

HYDROLYZED SOY, CORN AND WHEAT PROTEINS, SALT, PALM OIL, SOYBEAN OIL, MALTODEXTRIN, MODIFIED CORNSTARCH, ONION POWDER, 2% OR LESS OF CORN OIL, CANOLA OIL, NATURAL FLAVORS, MUSHROOM JUICE CONCENTRATE, CARAMEL COLOR, GARLIC JUICE CONCENTRATE, ONION JUICE CONCENTRATE, XANTHAN GUM, LACTIC ACID), SUGAR, DEHYDRATED ONIONS, SEASONING (HYDROLYZED WHEAT GLUTEN, YEAST EXTRACT, LACTIC ACID), CHICKEN FLAVOR (YEAST EXTRACT, CHICKEN POWDER, SALT, NATURAL FLAVORS, L-METHIONINE), SPICES, TURMERIC, NATURAL FLAVORS. CONTAINS: MILK, EGG, SOY, WHEAT INGREDIENTS.

Nutritional Fact

	Per 1 Cup (255 g)	Daily Value (%)	Per 100 g
Calories	320 calories		124 calories
Calories from Fat	140 calories		55.71 calories
Total Fat	16 g	24	6.19 g
Saturated Fat	3 g	17	1.34 g
Trans Fat	0 g		0.02 g
Cholesterol	60 mg	19	22.35 mg
Sodium	950 mg	40	373.5 mg
Carbohydrate	26 g	9	10.2 g
Dietary Fiber	2 g	6	0.6 g
Sugars	8 g		2 g
Protein	17 g		6.78 g
Vitamin A		0	0 IU
Vitamin C		0	0 mg
Calcium		17	67 mg
Iron		6	0.43 mg
Potassium			123.5 mg
Polyunsaturated Fat			2.71 g
Monounsaturated Fat			1.82 g

% daily values are based on a 2000 calorie diet

PREPARATION & STORAGE

Preparation

For food safety and quality, read and follow these COOKING INSTRUCTIONS to ensure that product reaches an internal temperature of 165°F. Cooking time may vary based on equipment and quantity cooked in equipment. Check for doneness using thermometer. CONVECTION OVEN 325°F Preheated: Cook Frozen (0°F) product for 60-65 min./Thawed (40°F or less) product for 25-30 min. Do not loosen lid. Stir halfway through cooking; replace lid. CONVENTIONAL OVEN 400°F Preheated: Cook Frozen (0°F) product for 1 hr. 15-20 min./Thawed (40°F or less) product for 35-40 min. Do not loosen lid. Stir halfway through cooking; replace lid. LOW PRESSURE STEAMER 5-7 lb. PSI: Cook Frozen (0°F) product for 55-60 min./Thawed (40°F or less) product for 30-35 min. Do not loosen lid. MICROWAVE OVEN 1100 Watt: Cook 8 oz Thawed (40°F or less) product - 50% Power 2 ½ - 3 min. Cook loosely covered in microwave-safe container; stir. NOTE: Stir well before checking temperature. Product must be cooked to an internal temperature of 165°F. If thawing, product must be thawed under refrigeration (40°F) for no more than 48 hours prior to cooking. DO NOT REFREEZE.

Storage

- Storage Temperature: Frozen < 34°F
- Shelf Life in Days: 540

PRODUCT SPECIFICATIONS

Packaging Information

Pack Size	4x95 oz.
Pack Yield	95 oz
Case Yield	380 oz (23-3/4 lb)

Servings Per Case	44
Net Weight	23.72 lbs
Gross Weight	25.5 lbs
Case Height	4.7 in
Case Width	13.2 in
Case Length	20.8 in
Case Cube	0.747 ft ³
Cases Per Layer	7
Layers Per Pallet	13
Total Cases Per Pallet	91

SERVINGS SUGGESTIONS

Suggestions

Add chicken broth, sliced carrots and celery for a hearty, colorful chicken stew. Spoon into individual casseroles; garnish with fresh parsley or top with warm biscuits. Serve with a crusty roll and black eyed peas or a colorful vegetable medley.

Meal Requirements

Serving Size	1 cup
Meat or Meat Alternate	1 oz.
Purchase Unit	4 x 95 oz.
Servings Per Purchase Unit	44
Purchase Units Per 100 Servings	2.3 cases

Stouffer's

Stouffer's provides real food crafted from the very best ingredients. Capturing honest, authentic tastes and true, reliable performance. Food service operators and consumers cite Stouffer's as the best tasting, most trusted, and most loved frozen

entrée and sides brand—the #1 market share in food service.
With real food, you will see real results.

