

HelloFresh Add-On Market: Jalapeno Popper Wontons, Veggie Spring Rolls, and Pork Dumplings Bundle

Crispy Jalapeno Poppers

Nutrition Facts

2 servings per container

Serving size

5 pieces with 1/2 sauce packet (106g)

	Per serving		Per container	
	330		660	
	% Daily Value*		% Daily Value*	
Calories				
Total Fat	16g	21%	33g	42%
Saturated Fat	6g	30%	11g	55%
Trans Fat	0g		0g	
Cholesterol	25mg	8%	50mg	17%
Sodium	490mg	21%	980mg	43%
Total Carbohydrate	39g	14%	79g	29%
Dietary Fiber	2g	7%	3g	11%
Total Sugars	8g		17g	
Includes Added Sugars	7g	14%	14g	28%
Protein	8g		16g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	115mg	8%	229mg	20%
Iron	1mg	6%	2mg	10%
Potassium	143mg	4%	286mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sweet Chili Sauce (Water, Sugar, Vinegar, Corn Starch, Garlic, Salt, Red Chile, Citric Acid, Red Bell Pepper, Xanthan Gum, and Paprika Oleoresin), Wrapper (Wheat Flour, Water, Sea Salt, Corn Starch, Preservatives [Ascorbic Acid, Citric Acid]), Cream Cheese (Pasteurized Cultured Milk and Cream, Salt, Stabilizers [Guar Gum and Carob Bean Gum]), Ricotta Cheese (Pasteurized Whole Milk, Vinegar, Salt), Canola and/or Sunflower Oil, Parmesan Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Onion, Garlic Powder, Jalapeno Pepper, Sour Cream (Cultured Cream), Water, Ginger, Bell Pepper, Heavy Cream (Cream and Milk), Corn Starch, Eggs, Salt, Onion Powder.

Contains: Eggs, Milk, Wheat

Crispy Veggie Spring Rolls

Nutrition Facts

3 servings per container

Serving Size

2 pieces with 1 tbsp sauce (117g)

	Per 2 pieces (100g)		Prepared with 1 tbsp sauce	
	250		270	
	% DV*		% DV*	
Calories				
Total Fat	12g	15%	12g	15%
Saturated Fat	1g	5%	1g	5%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	440mg	19%	510mg	22%
Total Carb.	29g	11%	34g	12%
Dietary Fiber	3g	11%	3g	11%
Total Sugars	4g		8g	
Incl. Added Sugars	1g	2%	6g	12%
Protein	7g		8g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	42mg	4%	43mg	4%
Iron	2mg	10%	2mg	10%
Potassium	270mg	6%	280mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CRISPY VEGETABLE Spring Rolls

From Our Kitchen, to Yours.

We come from an authentic home kitchen built two generations ago. To this day, our products are still made with our same high-quality ingredients using care and passion.

That's food with heart. Enjoy!

Ingredients: Filling: Cabbage, Textured soy flour, Carrot, Sugar, Salt, Mushroom, Spices (contain turmeric), Granulated garlic, Sesame oil. **Wrapper:** Water, Bleached enriched flour [wheat flour, enrichment (niacin, iron, thiamine mononitrate, riboflavin, folic acid), benzoyl peroxide, ascorbic acid (dough conditioner), amylase], Salt, Leavening (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate, calcium sulfate), Canola oil. **Pium sauce:** Water, Sugar, Pumpkin, Vinegar, Modified corn starch, Salt, Apricot puree (apricot, invert sugar), Guar gum, Xanthan gum.

Contains: Soy, Sesame, Wheat.

Contains bioengineered food ingredients.

FINE CHOICE FOODS LTD.
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Pork & Shiitake Gyoza Dumplings

Nutrition Facts

2.5 servings per container

Serving Size 4 pieces with 1 tbsp sauce (100g)

	Per 4 pieces (84g)		Prepared with 1 tbsp sauce	
Calories	150		160	
	% DV*		% DV*	
Total Fat	3.5g	4%	4g	5%
Saturated Fat	1g	5%	1g	5%
Trans Fat	0g		0g	
Cholesterol	10mg	3%	10mg	3%
Sodium	310mg	13%	500mg	22%
Total Carb.	22g	8%	24g	9%
Dietary Fiber	1g	4%	1g	4%
Total Sugars	2g		4g	
Incl. Added Sugars	1g	2%	3g	6%
Protein	7g		7g	
Vitamin D	0mcg	0%	1mcg	4%
Calcium	18mg	2%	20mg	2%
Iron	2mg	8%	2mg	8%
Potassium	90mg	2%	100mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PORK & SHIITAKE Gyoza Dumplings

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Ingredients: Filling: Pork, Cabbage, Napa cabbage, Shiitake mushroom, Green onion, Corn starch, Soy sauce (water, soybeans, wheat, salt), Water, Salt, Sesame oil, Sugar, Garlic, Natural flavour (contains salt), Ginger, Spice. **Wrapper:** Bleached enriched flour [wheat flour, enrichment (niacin, iron, thiamine mononitrate, riboflavin, folic acid), benzoyl peroxide, ascorbic acid (dough conditioner), amylase], Water, Canola oil, Salt, Corn starch. **Gyoza sauce:** Water, Sugar, Soy sauce (water, soybeans, wheat, salt), Vinegar, Canola oil, Salt, Ground sesame, Sesame oil, Granulated garlic, Spices (contain turmeric), Guar gum, Xanthan gum.
Contains: Soy, Sesame, Wheat.

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