

Gyoza Kit Nutrition Labels

Nutrition Facts	
Valeur nutritive	
Per 1/3 Portion (5 pcs)	
Pour 1/3 Portion (5 pcs)	
Calories 190	% Daily Value*
Fat / Lipides 10 g	% valeur quotidienne* 15 %
+ Trans / trans 0.0 g	
Carbohydrate / Glucides 18 g	
Fibre / Fibres 1 g	6 %
Sugars / Sucres 1 g	3 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 25 mg	22 %
Sodium 520 mg	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	15 %
Calcium / Ca	2 %
Iron / Fer	6 %

*5% or less is a little, 15% or more is a lot / *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Made in Ontario by Crafty Ramen Inc.
 Crafty Ramen is a registered trademark
 of Crafty Ramen Inc. www.craftyramen.com



The label features an orange background with a white grid pattern. At the top center is a logo consisting of three wavy lines above the word "GYOZA" in a stylized font, with a gyoza dumpling illustration below it and the word "KIT!" underneath. To the right of this logo, the words "PORK GYOZA" are written in large, bold, black capital letters. Below the logo and product name, the text "EVERYTHING YOU NEED TO FOLD YOUR OWN JAPANESE PORK DUMPLINGS, INSPIRED BY MIKI'S FAMILY RECIPE." is centered. At the bottom left is a barcode with the numbers "8 77566 00304 8" below it. At the bottom right is the "CRAFTY RAMEN MARKET" logo, which includes a bowl of ramen icon above the brand name.

Ingredients: Pork Gyoza Filling (pork, cabbage, garlic chives, ginger, garlic, miso, sesame oil, salt, spices), Gyoza Wrappers (enriched wheat flour, water, salt, corn oil, propylene glycol, sodium benzoate, cornstarch).
Contains: Soy, Sesame, Wheat.

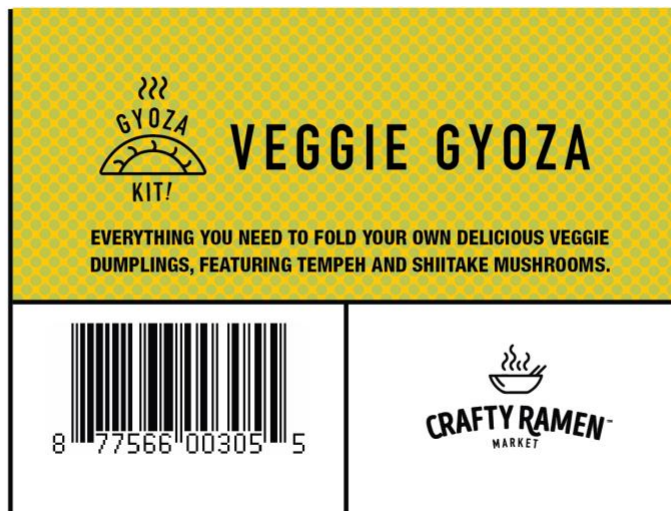
Ingédients: Farce de gyoza au porc (porc, chou, ciboulette chinoise, gingembre, ail, miso, huile de sésame, sel, épices), Feuilles de gyoza (farine de blé enrichie, eau, sel, huile de maïs, propylène glycol, benzoate de sodium, fécule de maïs).
Contient: Soja, Sésame, Blé.

Net Wt: 450g

Nutrition Facts	
Valeur nutritive	
Per 1/3 Portion (5 pcs)	
Pour 1/3 Portion (5 pcs)	
Calories 240	% Daily Value*
Fat / Lipides 10 g	% valeur quotidienne* 16 %
+ Trans / trans 0.0 g	
Carbohydrate / Glucides 34 g	
Fibre / Fibres 6 g	11 %
Sugars / Sucres 6 g	24 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 5 mg	5 %
Sodium 2000 mg	83 %
Vitamin A / Vitamine A	20 %
Vitamin C / Vitamine C	40 %
Calcium / Ca	10 %
Iron / Fer	20 %

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The label features a yellow background with a white grid pattern. At the top center is a logo consisting of three wavy lines above the word "GYOZA" in a stylized font, with a gyoza dumpling illustration below it and the word "KIT!" underneath. To the right of this logo, the words "VEGGIE GYOZA" are written in large, bold, black capital letters. Below the logo and product name, the text "EVERYTHING YOU NEED TO FOLD YOUR OWN DELICIOUS VEGGIE DUMPLINGS, FEATURING TEMPEH AND SHIITAKE MUSHROOMS." is centered. At the bottom left is a barcode with the numbers "8 77566 00305 5" below it. At the bottom right is the "CRAFTY RAMEN MARKET" logo, which includes a bowl of ramen icon above the brand name.

Ingredients: Vegan Gyoza Filling (tempeh, cabbage, shiitake mushroom, garlic chives, carrot, soy sauce, garlic, ginger, miso, salt, spices), Gyoza Wrappers (enriched wheat flour, water, salt, corn oil, propylene glycol, sodium benzoate, cornstarch).
Contains: Soy, Wheat.

Ingédients: Farce de gyoza végétalienne (tempeh, chou, champignon shiitake, ciboulette chinoise, carotte, sauce soya, ail, gingembre, miso, sel, épices), Feuilles de gyoza (farine de blé enrichie, eau, sel, huile de maïs, propylène glycol, benzoate de sodium, fécule de maïs).
Contient: Soja, Blé.

Net Wt: 350g