

Asian Dumplings

Nutrition Facts / Valeur nutritive				
Per 6 pieces + 1 tbsp pour 6 morceaux + 1 c. à soupe	Dumplings Raviolis (108 g)		Sauce (15 mL)	
Calories	190		36	
	Amount Teneur	% DV* % VQ*	Amount Teneur	% DV* % VQ*
Fat / Lipides	3 g	4 %	2 g	3 %
Saturated / saturés	0.4 g	2 %	0.1 g	0 %
+ Trans / trans	0 g		0 g	
Carbohydrate / Glucides	28 g		3 g	
Fibre / Fibres	2 g	7 %	1.5 g	5 %
Sugars / Sucres	1 g	1 %	1 g	1 %
Protein / Protéines	13 g		0.3 g	
Cholesterol / Cholestérol	0 mg		0 mg	
Sodium	490 mg	21 %	168 mg	7 %
Potassium	40 mg	1 %	30 mg	1 %
Calcium	50 mg	4 %	23 mg	1.8 %
Iron / Fer	3 mg	17 %	0.5 mg	3 %

*DV = Daily Value * 5% or less is **a little**, 15% or more is **a lot**
 *VQ = valeur quotidienne * 5 % ou moins c'est **peu**, 15 % ou plus c'est **beaucoup**

ASIAN DUMPLINGS INGREDIENTS: Water, Unbleached wheat flour, Pea protein, Onions, Garlic, Cilantro, Coconut aminos (coconut sap, sea salt), Sugar, Salt, Ginger, Sunflower oil, Canola oil, Methylcellulose, Yeast extract, Black pepper, Red chili pepper

SZECHUAN SAUCE INGREDIENTS: Kashmiri chili paste (water, Kashmiri chili peppers), Tomato puree, Garlic, Water, Sunflower oil, Ketchup (tomato paste, sugar, distilled vinegar, salt, onion powder, spices, natural flavour), Ginger, White vinegar, Sugar, Coconut aminos (coconut sap, sea salt), Salt, Paprika, Black pepper

Thai Basil Chik'n

Nutrition Facts / Valeur nutritive					
Per package par emballage	Thai Chik'n Poulet thaï (350 g)		Chili oil Huile de chili (35 mL)		
Calories	376		172		
	Amount	% DV*	Amount	% DV*	% VQ*
	Teneur	% VQ*	Teneur	% VQ*	% VQ*
Fat / Lipides	3 g	4 %	17 g	22 %	
Saturated / saturés	1 g	3 %	1.2 g	6 %	
+ Trans / trans	0 g		0 g		
Carbohydrate / Glucides	58 g		4 g		
Fibre / Fibres	4 g	17 %	1.1 g	4 %	
Sugars / Sucres	3 g	3 %	1.4 g	1 %	
Protein / Protéines	29.3 g		0.7 g		
Cholesterol / Cholestérol	0 mg		0 mg		
Sodium	681 mg	28 %	200 mg	9 %	
Potassium	445 mg	9 %	88 mg	2 %	
Calcium	275 mg	21 %	11 mg	0.7 %	
Iron / Fer	8 mg	47 %	0.5 mg	3 %	
*DV = Daily Value * 5% or less is a little , 15% or more is a lot *VQ = valeur quotidienne * 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup					
*5% or less is a little , 15% or more is a lot					

THAI BASIL CHICK'N INGREDIENTS: Cooked white basmati rice (water, basmati rice), Water, Pea protein, White onion, Red pepper, Green chili pepper, Coconut aminos (coconut sap, sea salt), Peas, Green onion, Thai basil, Garlic, Brown sugar, Salt, Yeast extract, Chili powder, Vegan fish sauce flavour

CHILI OIL INGREDIENTS: Sunflower oil, Red onion, Chili flakes, Coconut aminos (coconut sap, sea salt), Sugar, Salt, Bay leaves, Star anise