Date: 12/18/2008

Pork Potstickers Fried

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	4	pieces	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 4 pieces
Servings Per Container 1

Amount Per Serving

Calories 241	Calories From Fat 135
	% Daily Value
Total Fat 15g	22%
Saturated Fat 4g	18%
Cholesterol 16mg	5%
Sodium 336mg	14%
Total Carbohydrates 19g	6%
Dietary Fiber 1g	3%
Protein 6g	

Vitamin A	0%	Vitamin C	3%
Calcium	2%	Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Cholesterol
Good Source of Protein