

**Pork and Green Onion Dumplings**  
青蔥豬肉蒸餃



Photo reference: <http://www.atablefortwo.com.au/2009/05/06/pork-garlic-chives-dumplings-%E9%9F%AD%E8%8F%9C%E9%A5%BA%E5%AD%90/>

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# Steamed Pork and Green Onion Dumplings

## 青蔥豬肉蒸餃

<b>Nutrition Facts/營養標示</b>	
Serv. Size/每一份 7 pieces/個	
Servings per container/份 4	
Amount Per Serving/每份	
<b>Calories/能量</b> 320kcal/千卡	<b>Fat cal./脂肪卡</b> 130
% Daily Value*/每日攝取量百分比*	
<b>Total Fat/總脂肪</b> 15 g/克	23%
Saturated Fat/飽和脂肪 3.5 g/克	18%
Trans Fat/反式脂肪 0 g/克	
Polyunsat. Fat/多不飽和脂肪 0 g/克	
Monounsat. Fat/單不飽和脂肪 0 g/克	
<b>Cholesterol/膽固醇</b> 20 mg/毫克	8%
<b>Sodium/鈉</b> 540 mg/毫克	23%
<b>Potassium/鉀</b> 0 mg/毫克	0%
<b>Total Carb./碳水化合物</b> 36 g/克	12%
Fiber/纖維 1 g/克	5%
Sugars/糖 2 g/克	
<b>Protein/蛋白質</b> 11 g/克	
Vitamin/維他命 A 2%	• Vitamin/維他命 C 10%
Calcium/鈣 4%	• Iron/鐵 8%
* Percent Daily Values are based on a 2,000 calorie diet.	
* 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求	

**Ingredients/成分: Filling:** ground pork, green onion, water, sesame oil, soybean oil, soy sauce, ginger, egg white, MSG, salt, sugar, ribotide. **Wrapper:** wheat flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, soybean oil.

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