



*Old Fashioned  
Apple Dumplings*

*6 Frozen Ready to Bake  
Apple Dumplings*



# Old Fashioned Apple Dumplings

Nutrition Facts	
Serving Size 5.5 oz. (156g)	
Servings Per Container 6	
Amount Per Serving	
Calories	400
Calories from Fat	80
Calories from Sat. Fat	35
	% Daily Value*
<b>Total Fat</b> 8g	<b>13%</b>
<b>Saturated Fat</b>	<b>20%</b>
<b>Trans Fat</b>	<b>0g</b>
<b>Monounsaturated Fat</b>	<b>0.5g</b>
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 220 mg	<b>9%</b>
<b>Total Carbohydrate</b> 79g	<b>26%</b>
Dietary Fiber 3g	11%
Sugars 55g	
<b>Protein</b> 2g	
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 20%
<b>Calcium</b> 0%	<b>Iron</b> 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

## SIZE & PACKAGING

4 / 6 ct.

## SPECS

21" x 13" x 4<sup>3</sup>/<sub>4</sub>"

## CASE CUBE

.75

## BAKING INSTRUCTIONS (Keep frozen until ready to bake)

1. Preheat oven to 375°
2. Remove plastic overwrap and foil lid.
3. Place apples smooth side up, 3 on each side of pan leaving space in between them.
4. Empty bag of cinnamon-sugar mix in pan with apples.  
Add 1½ cups of water and stir to dissolve cinnamon-sugar mix. Add 2 tbs. butter or margarine.
5. PLACE THE PAN OF APPLE DUMPLINGS ON A BAKING SHEET and place them on the middle rack of a preheated 375° oven for 50 to 55 minutes or until they are golden brown, do not over bake. REMOVE THE PAN OF DUMPLINGS FROM THE OVEN USING THE BAKING SHEET.
6. Serve each Dumpling, warm, in a bowl with some of the pan juices spooned over them.

## APPLE DUMPLINGS INGREDIENTS

Apples, enriched flour, high fructose corn syrup, water, shortening (refined partially hydrogenated beef fat (tallow) and refined hydrogenated vegetable oil (soybean oil)). Contains 2% or less of the following: calcium sulfate, fungal enzymes, I-cysteine, baking soda, sugar, salt and spices. Contains wheat (an allergen).

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