



# “Hyde Park” Pork Dumpling

Vegan pork alternative in a dumpling application



## Benefits:

### **ROVITARIS® FBX 360 (Textured Faba Bean Protein)**

- Non-GMO and allergen-free
- Meat-like texture, appearance and color
- Neutral base adaptable to added flavors and colors
- Retains moisture and provides juiciness in final applications
- High in protein and naturally cholesterol-free

### **ROVITARIS® MC 300 (Binder/Stabilizer)**

- Superior binding and texture control
- Meat-like structure, creating a firm bite at hot temperatures

# "Hyde Park" Pork Dumpling



## Description

Savory, crispy pan-seared vegan pork dumpling

## Preparation Instructions

**Skillet:** Sear dumplings in a lightly oiled skillet over medium heat for 2 minutes. Flip dumplings, add ¼ cup water, cover, and steam for an additional 2-3 minutes until an internal temperature of 165°F is reached.

**Boil:** Fill saucepan ⅔ with water and bring to a boil. Add dumplings and boil for 4-5 minutes until an internal temperature of 165°F is reached.

## Filling

INGREDIENTS	TOTAL %
Water	56.80
<b>ROVITARIS® FBX 360</b>	17.60
Canola Oil	8.50
Cabbage	5.50
Green Onion	2.50
Soy Sauce	2.50
Salt	1.60
Ginger	1.20
Garlic Powder	0.80
Natural Flavors	0.75
<b>ROVITARIS® MC 300</b>	0.75
Black Pepper	0.50
Sugar	0.50
Sesame Oil	0.50
<b>TOTAL</b>	<b>100.00</b>

## Dumpling

Gyoza Wrap	55.00
Filling	45.00
<b>TOTAL</b>	<b>100.00</b>

Nutrition Facts	
Serving size	(88g)
4 Dumplings Per Serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 610mg	27%
<b>Total Carbohydrate</b> 30g	11%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 3mg	15%
Potassium 147mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutritional information includes the filling and wrapper.

Allergens: Soy (from soy sauce), wheat (from wrapper)

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