

@paprika\_food\_chicago  
@paprikafresh  
www.paprikausa.com

 **PAPRIKA**  
— ALL NATURAL —



# PELMENI



**READY IN MINUTES**

**NO PRESERVATIVES**

## Nutrition Facts

Serving Size: (198g)  
Servings Per Container: 2

**Amount Per Serving**  
**Calories** 250      **Calories from Fat** 50

**% Daily Value\***

**Total Fat** 6g      **9%**  
Saturated Fat 2g      **10%**  
Trans Fat 0g

**Cholesterol** 40mg      **13%**

**Sodium** 440mg      **18%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 2g      **8%**  
Sugars 2g

**Protein** 14g

Vitamin A 0%      •      Vitamin C 4%

Calcium 2%      •      Iron 15%

\* 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	50g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**Keep Frozen. Do not Thaw.**

**COOKING INSTRUCTIONS:** Bring 2-4 quarts of water to a rolling boil. Add salt, then add frozen pelmeni. When the dumplings float to the surface, reduce heat to medium and cook for 7-10 minutes.

**INGREDIENTS:** GROUND BEEF, WHEAT FLOUR, ONIONS, EGGS, SALT, CANOLA OIL, BLACK PEPPER, CILANTRO, WATER

**CONTAINS:** EGG, WHEAT

MANUFACTURED BY PAPRIKA LLC IN A FDA REGISTERED FACILITY,  
PROSPECT HEIGHTS, IL : 60070 (224) 529-1149, PAPRIKAFOOD01@GMAIL.COM

**Beef  
Dumplings**



**NET WT. 1 Lb (454 gr)**