



SAMSA HALAL

KEEP FROZEN

COOKING INSTRUCTIONS:

Put product into the 350° F oven for 30-40 minutes and cook product until the internal temperature of product is greater than 165° F*.

*Measure with handheld thermometer.

DOUGH INGREDIENTS: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Potassium Bromate, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Eggs, Salt.

FILING INGREDIENTS: Lamb, Beef, Onion, Salt, Black Pepper.

Manufactured by:
M&P Food Production Inc.
 830 39th Street
 Brooklyn, NY 11232
 Tel: (718) 438-6421
 Net Wt 16 oz (454 g)



Nutrition Facts

Serving Size 3 pcs (151 g)
 Servings per container 2

Amount Per Serving

Calories 360 Calories from Fat 130

% Daily Value*

Total Fat 14 g	22%
Saturated Fat 6 g	29%
Trans Fat 0 g	
Cholesterol 65 mg	22%
Sodium 530 mg	21%
Total Carbohydrate 37 g	12%
Dietary Fiber 2 g	6%
Sugars 1 g	
Protein 17 g	

Vitamin A 0% * Vitamin C 2%
 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	2,900	2,500
Total Fat	less than	65g	80g
Saturated Fat	less than	25g	25g
Cholesterol	less than	300mg	300mg
Sodium	less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4



USE BEFORE

SAFE HANDLING INSTRUCTIONS

This product was prepared from inspected and passed meat and/or poultry. Some food may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.

- Keep frozen. Thaw in refrigerator or microwave.
- Keep raw meat and poultry separate from other foods.
- Wash working surface (including cutting boards), utensils, and hands after handling raw meat or poultry.
- Cook thoroughly.
- Keep hot foods hot. Refrigerate leftovers immediately or discard.

M&P Lamb Dumplings, Lamb Samsa (Front)



Lamb Dumplings

Lamb Samsa



Calories 360 Calories from Fat 130

% Daily Value*

22%
29%
22%
21%
12%
8%



2,500	500
Less Than 50g	Less Than 50g
Less Than 20g	Less Than 20g
Less Than 300mg	Less Than 300mg
Less Than 2g	Less Than 2g

3 pcs in a pack

Ready to Cook

Keep Frozen

HAND MADE



NET WT 12 oz (340g)



Manufactured by:
M&P Food Production Inc.
 Brooklyn, NY 11232
 Tel.(718) 438-6421

Cooking Instructions:

Put product into the 350F oven for 30-40 minutes and cook product until the internal temperature of product is greater than 160 F.

SERVING SUGGESTIONS:

Serve with any sauce.

SAFE HANDLING INSTRUCTIONS

This Product was prepared from inspected and passed meat or poultry. Some food products may contain bacteria that could cause illness if the product is mishandled or cooked improperly. For your protection, follow these safe handling instructions.



Keep refrigerated or frozen thaw in refrigerator or microwave.



Keep raw meat and poultry separate from other foods wash working surfaces (including cutting boards), utensils, and hands after touching raw meat or poultry



Cook thoroughly.



Keep hot foods hot. Refrigerate leftovers immediately or discard.

Nutrition Facts

Serving Size 1 dumpling (113g)
 Serving Per Container 3

Amount per Serving

Calories 360 Calories from Fat 130

% Daily Value*

Total Fat 14g 22%

Saturated Fat 6g 29%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 510mg 21%

Total Carbohydrate 37g 12%

Dietary Fiber 2g 6%

Sugars 1g

Protein 19g

Vitamin A 0% • **Vitamin C 2%**

Calcium 2% • **Iron 20%**

*Percent Daily Values are based on a 2,000 calories 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	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 • Carbohydrates 4 • Protein 4

DOUGH INGREDIENTS: Enriched Flour (bleached wheat flour, niacin, iron, potassium bromate, thiamine mononitrate, riboflavin, folic acid, malted barley flour), water, eggs, salt.

FILLING INGREDIENTS: Lamb, onion, salt, black pepper.

