

Vegetable Egg Rolls

Whole Wheat

#79011



A tasty blend of cabbage, carrots, and celery wrapped in a crispy whole wheat wrapper.

Nutrition Facts	
Serving Size 1 Egg Roll 3.0 oz (85g)	
Serving Per Container 100	
Amount Per Serving	
Calories	110 Calories from Fat 10
% Daily Value*	
Total Fat	1g 2%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	150mg 6%
Total Carbohydrate	24g 8%
Dietary Fiber	3g 12%
Sugars	3g
Protein	4g
Vitamin A	40% • Vitamin C 25%
Calcium	4% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

Filling: Cabbage, Carrots, Celery, Less Than 2% of Sugar, Salt, Dehydrated Onion, Modified Food Starch, Soybean Oil, Carrageenan, Dextrose, Torula Yeast, Flavorings. **Wrapper:** Whole Wheat Flour, Enriched Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Corn Starch, Salt.

FRIED IN COTTONSEED, SOYBEAN AND/OR CANOLA OIL.

CONTAINS: WHEAT and SOYBEAN.

BASIC HEATING INSTRUCTIONS:
3.0 oz Vegetable Egg Rolls

Deep-Fry: (Best)

Deep fry egg rolls at 350°F. If frozen, cook for 8-9 minutes, approximately. If semi-thawed, cook for 5-6 minutes. Do not thaw product out completely.

SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above.

Convection/Conventional oven (Good)

Pre-heat oven to 400- 425°F. Place frozen egg rolls ½" apart on a baking sheet, turning once during baking. Convection: 8-10 minutes. Conventional: 10-12 minutes. Until crispy and medium brown.



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For more information contact:
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100 ct - 3.0 oz servings per case
18.75 lb Net Wt. 19.75 lb Gross Wt.
Case L x W x H: 19" x 9.5" x 6.75"
Cube: 0.71 TI x HI: 10 x 8
Shelf Life: Frozen 18 months at 0°F +/- 10°F
GTIN# 00856235005538

CN Equivalency = 1 G & 2 V (½ cup of Vegetable)