

Whole Wheat Chicken Egg Rolls #79009



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

Nutrition Facts

Serving Size 1 piece 3.0 oz (85g)
Serving Per Container 100

Amount Per Serving

Calories 150 Calories from Fat 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 400mg **17%**

Total Carbohydrate 22g **7%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 10g

Vitamin A 8% • Vitamin C 15%

Calcium 4% • Iron 10%

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

100 ct - 3.0 oz servings per case
18.75 lb Net Wt.
Case Information: Item# 79009
Case L x W x H: 19" x 9.5" x 6.75"
Cube: 0.71 TI x HI: 10 x 8 Gr. Cs Wt: 19.75 lb
Shelf Life: Frozen 18 months at 0°F +/- 10°F
GTIN# 00856235005521

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

Filling: Chicken, Cabbage, Soy, Flour, Carrots, Less Than 2% of Sugar, Salt, Soybean Oil and/or Sesame Oil, Carrageenan, Dextrose, 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: SOY AND WHEAT.

BASIC HEATING INSTRUCTIONS:

3.0 oz Chicken 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 375°F. Place frozen egg rolls ½" apart on a baking sheet, turning once during baking.
Conventional: 18-20 minutes.
Convection: 14-16 minutes.



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