

# 69561 - Stir-Fry Vegetable Egg Roll

## Nutrition Information

<b>Serving Size:</b>	1 Egg Roll (3 oz./85g)	
<b>Eaches/Case:</b>	72	
<b>Inner Packs/Case:</b>	6	
<b>Servings/Case:</b>	72	
<b>Calories:</b>	140	
<b>Calories from Fat:</b>	45	
<b>Total Fat:</b>	5 g(s)	
<b>Saturated Fat:</b>	1 g(s)	
<b>Trans Fat:</b>	0 g(s)	
<b>Cholesterol:</b>	5 mg(s)	
<b>Sodium:</b>	380 mg(s)	
<b>Potassium:</b>	150 mg(s)	
<b>Total Carbohydrate:</b>	20 g(s)	
<b>Total Dietary Fiber:</b>	2 g(s)	
<b>Sugars:</b>	3 g(s)	
<b>Protein:</b>	3 g(s)	

### Vitamins & Minerals

	Amt/Srv	% DV
<b>Vitamin A:</b>	1250 IU	25%
<b>Vitamin C:</b>	6 mg(s)	10%
<b>Calcium:</b>	20 mg(s)	2%
<b>Iron:</b>	1.44 mg(s)	8%

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

## Preparation Instructions

Fryer (350F): Fry in 350F oil for 5.5 - 6 minutes if thawed; 8.5 - 9 minutes if frozen. Convectional Oven (350F): Bake for 14.5 - 15 minutes if thawed; 21 - 22 minutes if frozen. Conventional Oven (400F): Bake for 17 - 18 minutes if thawed; 24 - 25 minutes if frozen.

## Ingredients

INGREDIENTS: ENRICHED BLEACHED FLOUR ([WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CALCIUM PROPIONATE, MALTED BARLEY FLOUR), CABBAGE, BROCCOLI, CARROTS, WATER, ONION, MUSHROOMS, RED PEPPERS, CELERY, ENRICHED DURUM FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BAMBOO SHOOTS, CONTAINS 2% OR LESS OF: GREEN ONIONS, SUGAR, SALT, MODIFIED FOOD STARCH, TOASTED SESAME OIL, EGGS, SPICE, VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL), CITRUS FIBER, NATURAL FLAVOR, WHEAT GLUTEN, ONION POWDER, DISODIUM GUANYLATE, DISODIUM INOSINATE, CORNSTARCH. FRIED IN VEGETABLE OIL (SOYBEAN, COTTONSEED, CORN, AND/OR CANOLA OIL).

## Allergens

Contains Egg and Wheat.