

PRODUCT DESCRIPTION:

3 oz. medley of vegetables: bok choy, bamboo shoots, chopped carrots, celery, cabbage, water chestnuts, and authentic spices wrapped in an egg roll.

- Can be deep fried, convection heated or baked for convenience.
- Pre-cooked for quick, convenient serving
- Branded sleeves for grab-and-go convenience
- Fresh vegetables are processed in house daily for superior taste

MENU APPLICATIONS:

- Can be served as a meal with fruits or vegetables OR as a side to an entree
- Serve in branded sleeves in master case for grab-and-go convenience
- Asian-themed menu
- Mainline or a la carte menus

PREP INSTRUCTIONS:

COOKING INSTRUCTIONS. COOK BEFORE SERVING. CONVENTIONAL OVEN: Preheat oven to 400°F. Cook thawed for 15-16 min. or frozen 20-21 min. DEEP FRYER: (350°F) Cook thawed 6-7 min. or frozen 8-9 min. MICROWAVE: (700watts) Cook thawed 1-1.5 min. or frozen 2-2.5 min. CONVECTION OVEN: (350°F) Cook thawed 12-13 min. or frozen 15-16 min. NOTE: Cook product until internal temperature reaches 150°F or above. Due to variances in oven regulators, cooking time and temperature may require adjustments.



INGREDIENTS:

INGREDIENTS: CABBAGE, BLEACHED ENRICHED FLOUR ([WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], CALCIUM PROPIONATE, MALTED BARLEY FLOUR), CELERY, WATER, CARROTS, BOK CHOY, WATER CHESTNUTS, ENRICHED DURUM FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULPHATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BAMBOO SHOOTS, SALT, VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA OIL), SUGAR, MODIFIED CORNSTARCH, ROASTED GARLIC BASE (ROASTED GARLIC, SALT, MALTODEXTRIN [FROM CORN], NATURAL FLAVOUR, CORNSTARCH, CANOLA OIL, SESAME OIL), SPICES, DRIED WHOLE EGGS, WHEAT GLUTEN, TOASTED SESAME OIL, ONION POWDER, DISODIUM INOSINATE, DISODIUM GUANYLATE, CORNSTARCH. FRIED IN VEGETABLE OIL (SOYBEAN AND/OR COTTONSEED AND/OR CORN AND/OR CANOLA OIL).

Cooking Method	Temp	Time	Instructions
Conventional Oven	400 °F	20-21 MINUTES	Prepare from frozen state
Conventional Oven	400 °F	15-16 MINUTES	Prepare from thawed state
Convection Oven	350 °F	15-16 MINUTES	Prepare from frozen state
Convection Oven	350 °F	12-13 MINUTES	Thaw and serve
Deep Fry	350 °F	8-9 MINUTES	Prepare from thawed state
Deep Fry	350 °F	6-7 MINUTES	Prepare from frozen state
Microwave		2-2.5 MINUTES	Prepare from frozen state
Microwave		1-1.5 MINUTES	Prepare from thawed state

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	00035367690397
Gross Weight:	15.00
Net Weight:	13.50
Each Weight:	3.00
Cube:	0.53
Dimensions (LxWxH):	11.5 x 9.25 x 8.63
Cases/Pallet:	119
Tie:	17
High:	7
SHELF LIFE:	300

ALLERGENS:

Contains Eggs or its Derivatives, Wheat or its Derivatives,



Karen Wilder

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NUTRITION INFORMATION:

Serving Size:	1 Egg Roll (85g)	-
Serving Size (grams):	85	-
Serving Size (weight oz):	3	-
Eaches/Case:	72	-
Inner Packs/Case:	6	-
Servings/Case:	12	-
Calories:	130	-
Calories From Fat:	40	-
Calories From Saturated Fat:	9	-
Total Fat:	4.5	7%
Saturated Fat:	1	5%
Trans Fat:	0	-
Cholesterol:	5	1%
Sodium:	450	19%
Potassium:	140	4%
Total Carbohydrate:	20	7%
Total Dietary Fiber:	2	7%
Sugars:	2	-
Protein:	3	-
Vitamin A:	-	30%
Vitamin C:	-	10%
Calcium:	-	4%
Iron:	-	6%
Whole Grain:	-	-

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



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