

Egg Roll



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8438
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APTZR EGG ROLL PORK/VEG	1 Each	BAKE Product is RTE, however can be heated with the following directions: Preparation Type: Heating Instructions Deep Fryer Instructions: Deep-Fry at 350°F. Frozen: 5 - 6 minutes, approximately. Thawed: 4 - 5 minutes. Microwave Instructions: Set microwave on high. Place frozen egg rolls on a microwave-safe dish. Allow 40 seconds per egg roll and 35 seconds for each additional egg roll. Conventional Oven Instructions: Preheat oven to 375°F. Place frozen egg rolls on a baking sheet. Turn once during baking. Conventional: 15 - 18 minutes. Convection: 12 - 14 minutes. Preparation Notes: Heating time may vary with equipment.	457639

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		90.00	
Fat		3.50g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		7.50mg	
Sodium		260.00mg	
Carbohydrates		10.50g	
Fiber		1.00g	
Sugar		1.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.75mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available	
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