

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

Preparation Instructions

BAKE

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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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	90.00
Fat	3.50g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	260.00mg
Carbohydrates	10.50g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 15.00mg	Iron 0.75mg

Nutrition - Per 100g

No 100g Conversion Available