

# Egg Roll

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

## Ingredients

| Description             | Measurement | Prep Instructions  | DistPart # |
|-------------------------|-------------|--|------------|
| APTZR EGG ROLL PORK/VEG | 1 Each      | <b>BAKE</b><br>Product is RTE, however can be heated with the following directions:<br>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

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 0.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

No 100g Conversion Available