

Egg Rolls Nutritional Information

NEW! SOUTHWESTERN CHICKEN EGG ROLL

Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
	Serv. Size 1 egg roll (85g) Serv. Per Cont. 8 Calories 180 Fat Cal. 50	Total Fat 6g	9%	Total Carb. 25g
	Sat. Fat 2g	10%	Fiber 2g	8%
	Trans Fat 0g		Sugars 2g	
	Cholest. 10mg	3%	Protein 6g	
	Sodium 520mg	22%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 10%	• Vitamin C 6%	• Calcium 4%	• Iron 10%

Ingredients: Filling: Diced Tomato, Cabbage, corn, red peppers, black beans (black beans, salt), Spinach, ground white meat chicken, low moisture part-skim mozzarella cheese (cultured pasteurized part skim milk, salt, enzymes) long grain rice, contains 2 percent or less of : cottonseed oil, garlic, jalapeno peppers, corn syrup solids, modified food starch, salt, potato starch (potato starch with mono-glycerides), seasoning blend(chili pepper, cumin, salt,oregano,dehydrated garlic), flavor enhancer(autolyzed yeast extra, salt, dextrose and natural flavor) Spices (includes cayenne pepper and cumin), brown sugar, maloasses powder (cane refinery syrups and cane molasses), hickory smoke powder (maltodextrin powder, natural hickory smoke flavor) crust: enriched bleach flour (wheat flour, niacin, reduced iron, thiamine monoitrate, riboflavin, folic acid), calcium propionate [preservative], malted barley flour), crust: enriched durum flour (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), contains 1 percent or less of : salt, cottonseed oil, dried whole eggs, wheat gluten, fried in cottonseed oil.

Contains milk, egg and wheat

EGG ROLLS WITH SHREDDED PORK

Nutrition Facts

Serv. Size 1 egg roll (85g)

Serv. Per Cont. 8

Calories 180

Fat Cal. 80

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 9g	14%	Total Carb. 19g	6%
Sat. Fat 2.5g	14%	Fiber 2g	8%
<i>Trans</i> Fat 0g		Sugars 3g	
Cholest. 15mg	4%	Protein 7g	
Sodium 590mg	24%		
Vitamin A 10% • Vitamin C 8% • Calcium 4% • Iron 10%			

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

Egg Roll Ingredients

FILLING: Cabbage, Pork; Carrots, Celery, Onions, Textures Vegetable Protein Product (Textured Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), Contains 2% or less of Salt, Sugar, Anchovy Flavored Fish Sauce (Water, Anchovy Fish Extract, and Salt) Monosodium Glutamate, Spice. CRUST: Enriched Bleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Calcium Propionate (Preservative), Contains 2% or less of Salt, Cottonseed Oil, Dried Whole Eggs, Wheat Gluten, Fried in Cottonseed and/or Soybean Oil.

Nutrition Facts

Serving Size: 3 oz. (1 Egg Roll); Servings Per Container: 8; Calories 170; Calories from Fat 70; Total Fat 8g 12%; Saturated Fat 2g 10%; Cholesterol 10mg 3%; Sodium 380mg 16%; Total Carbohydrate 20g 7%; Dietary Fiber 4g 16%; Sugars 3g; Protein 7g; Vitamin A 8%; Vitamin C 4%; Calcium 2%; Iron 10%