



# Nutrition Facts

Serving Size 1 egg roll (78g)  
 Servings Per Container 4

## Amount Per Serving

**Calories** 140    **Calories from Fat** 35

% Daily Value\*

**Total Fat** 4g                      **6%**

Saturated Fat 1g                  **5%**

Trans Fat 0g

**Cholesterol** 5mg                  **2%**

**Sodium** 420mg                  **17%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 2g                  **8%**

Sugars 2g

**Protein** 7g

Vitamin A 10%    •    Vitamin C 6%

Calcium 4%        •        Iron 10%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



**COOKING INSTRUCTIONS:** Cook before eating. **FOR BEST RESULTS:** Keep refrigerated. Due to microwave and conventional oven variances, adjustments may be required to reach desired temperature. Discard any unused portion.

### MICROWAVE (Based on one egg roll):

1. Remove egg roll from carton and inner wrapper.
2. Place egg roll in microwave oven.
3. Cook for 1-1.5 minutes.
4. Let stand 2 minutes before serving.

### CONVENTIONAL OVEN: (400°F):

1. Preheat oven to 400°F.
2. Remove egg roll(s) from carton and inner wrapper.
3. Place egg roll(s) on a cookie sheet and place on oven middle rack.
4. Cook for 14 to 15 minutes.

(CAUTION: Tray and product will be hot)

Best if used within one day of printed "SELL BY" date on the front of the package.

**INGREDIENTS:** WHEAT flour, cabbage, chicken breast meat, carrots, onion, celery, soy flour. Contains 2% or less of enhanced soy, poultry fat, long grain, modified food starch, all sugar, garlic, soy sauce powder, soy sauce, wheat, soybeans, salt, cellulose, and salt. **CRUST:** enriched bleached flour, wheat flour, niacin, reduced iron, thiamine, riboflavin, folic acid, calcium hydroxide, hydroxyacetone, malted barley flour, water, enriched corn meal, whole wheat wheat flour, wheat, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid. Contains 2% or less of salt, dried whole egg, enhanced oil, vital wheat gluten, lard or enhanced oil. Contains soy, wheat, and egg.

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