



GRECO

International Cuisine



Vegetable Spring Rolls

Vegetable Spring Rolls (par-fried)

100 x 45g pieces

Greco Item # 00301
Dot Item # 725308

Point for Pondering

Spring rolls have a long history in China. It is said that the pastry appeared in the Eastern Jin Dynasty, when people would make thin cakes with flour and eat them with vegetables on the day of Beginning of Spring. The cakes were called "spring dish" at that time. Later, Spring Dishes evolved into spring cakes. In the Ming and Qing Dynasties, there was a custom of "biting spring", which means welcoming spring by eating spring cakes. The practice was believed to ward off disaster and evil. Along with ever improving cooking skills, spring cakes evolved into spring rolls, which were smaller in size. Spring rolls were included in imperial court snacks.

Preparation: Deep fry: From frozen, deep fry at 176°C (349°F) for about 3 minutes or until hot*.

Oven: From frozen, bake at 191°C (375°F) for 20 minutes or until hot*. Roller Grill: From frozen, heat at 85°C (185°F) for 35-40 minutes or until hot*.

*Internal temperature should be 73.9°C (165°F) for at least 15 seconds.

Ingredients: Wrapper: Enriched flour (wheat flour, water, refined soy oil, salt) Cabbage, Carrots, Vermicelli (Mung bean powder, Potato powder), Straw Mushrooms, Refined soy oil, Green beans, Sugar snap peas, Onion, White sesame seeds, Refined sesame oil, Salt, Garlic, Sugar, Soy sauce, Ground dried chili, Curry powder (turmeric, annatto seeds, coriander seeds, dried chili powder, star anise, fennel, dill, clove, cinnamon, curry leaves, dried garlic, amomum tsao-ko, black pepper, pepper flower, cardamon), Peppercorn. Contains: Wheat, Soy and Sesame

GTIN	10874163003010
Net wt / poids net	4.50 kg 9.90 lb
Gross wt / poids brut	4.70 kg 10.40 lb
Length / longueur	36.1 cm 14.2 "
Width / largeur	19.1 cm 7.5 "
Height / la taille	14 cm 5.5 "
Cube	0.008495 m3 0.3 ft 3
TI	15 cases
HI	11 cases
Cs pallet / palette	165 cases
Frozen shelf life / durée de conservation congelé	24 months

Nutrition Facts	
Valeur nutritive	
Per 1 piece (45 g) par 1 morceau (45 g)	
Calories 100	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 4.5 g	7 %
Saturated / saturés 1 g	4 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 13 g	
Fibre / Fibres 2 g	6 %
Sugars / Sucres 1 g	1 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 220 mg	9 %
Potassium 72 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.5 mg	4 %
*5% or less is a little, 15% or more is a lot	
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	