



# GRECO

International Cuisine

## Vegetable Spring Rolls

These hand-fashioned spring rolls are stuffed with a select blend of fresh vegetables



# Vegetable Spring Rolls

100 x 20g pieces

Greco Item # 00302  
GTIN # 10874163003027  
Dot Item #803618

**Ingredients:** Wrapper: (flour, water, soy oil, salt) Cabbage, Carrots, Vermicelli (arrowroot powder, water), Straw mushrooms, Soy oil, Green string beans, Sugar snap peas, Onion, White sesame seeds, Sesame oil, Salt, Garlic, Sugar, Soy sauce (water, soybeans, wheat, salt), Chili powder (red chilli), Curry powder (with nutmeg). Black pepper. **Contains:** Sesame, Soy, Wheat

## Preparation:

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

**Oven:** Preheat oven to 191°C / 375°F. Place product on baking sheet. Bake on center rack for 10 minutes.

**Deep fryer:** Heat oil to 175°C / 350°F and fry for 4 minutes or until heated through.

**Microwave:** from defrosted place spring rolls on a microwave safe plate. Heat on high for 1 ½ minutes or until heated through.

<b>Net wt / poids net</b>	2.00 kg
	4.375 lb
<b>Gross wt / poids brut</b>	2.91 kg
	5.291 lb
<b>Length / longueur</b>	26.4922 cm
	10.43 "
<b>Width / largeur</b>	14.5034 cm
	5.71 "
<b>Height / la taille</b>	13.0048 cm
	5.12 "
<b>Cube</b>	0.005097 m3
	0.18 ft 3
<b>TI</b>	28 cases
<b>HI</b>	11 cases
<b>Cs pallet / palette</b>	308 cases
<b>Frozen shelf life / durée de conservation congelé</b>	24 months

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 4 pieces (80 g) pour 4 morceaux (80 g)	
<b>Calories 190</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 9 g</b>	12 %
Saturated / saturés 1.5 g	
+ Trans / trans 0 g	8 %
<b>Carbohydrate / Glucides 24 g</b>	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 3 g	3 %
<b>Protein / Protéines 4 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 240 mg</b>	10 %
Potassium 125 mg	4 %
Calcium 20 mg	2 %
Iron / Fer 1.5 mg	8 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	