



GRECO
International Cuisine

Vegetable Spring Rolls

Vegetable Spring Rolls (uncooked)

15 x 20 piece trays (each piece 28g)

Greco # 00314
Dot # 757656

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.

Ingredients: Filling: Cabbage, Green beans, Carrots, Mushrooms, Onions, Vermicelli (green mung beans, water), Tofu bean curd (Soybean, water, magnesium chloride), Soybean oil, Salt, Spices. Wrapper: Wheat flour, water, salt, soybean oil. Contains: Soy and Wheat.

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

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

GTIN	10874163003140
Net wt / poids net	8.50 kg 18.8 lb
Gross wt / poids brut	9.10 kg 20 lb
Length / longueur	36.8 cm 14.5 "
Width / largeur	32.1 cm 12.6 "
Height / la taille	20.3 cm 8 "
Cube	0.0240693 m3 0.85 ft 3
TI	9 cases
HI	8 cases
Cs pallet / palette	72 cases
Frozen shelf life / durée de conservation congelé	18 months

Nutrition Facts Valeur nutritive

Per 3 pieces (84 g)
pour 3 morceaux (84 g)

Calories 120	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 1.5 g	2 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 21 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 440 mg	19 %
Potassium 600 mg	13 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup