



Egg Roll

Nutrition Facts	
Serving Size 1 egg roll (85.00g/3oz)	
Amount Per Serving	
Calories 190 Calories from Fat 100	
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 3g	15%
Cholesterol 10mg	3%
Sodium 440mg	18%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 6g	
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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Filling: Cabbage, pork, carrots, celery, onions, textured 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], and cyanocobalamin [B12]), contains 1 percent or less of salt, sugar, anchovy flavored fish sauce (anchovy fish extract, salt, sugar), monosodium glutamate, spice; Crust: Enriched bleached flour ([wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], calcium propionate [preservative]), water, 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: soy, anchovies (fish), wheat and eggs.

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