



Philippine style CHICKEN LUMPIA - LONG

GoodSource Item #3307
 Pack size6 x 2.5 lbs
 Net weight/case15 lbs
 Shelf life12 mos from production date
 Kosher.....No
 Allergens.....Wheat, Soy, Sesame

What is it?

Ground chicken and vegetables enveloped into a thin wrapper, longer cut (approximately 4 inches long).

How is it served?

Great for appetizers or dim sum.

How to prepare it?

Do not thaw. Pre-heat oil to 320°F over medium heat and fry for 4-5 min until golden brown. Must reach 165°F internal temperature.

How should it look?

Golden brown on the outside.

Ingredients:

Filling: Chicken, Water Chestnut (water chestnut, water, citric acid), Carrots, Green Onions, Bleached Wheat Flour enriched ((niacin, iron, thiamine, mononitrate, riboflavin, folic acid) malted barley flour), Water, Sesame Oil, Onions, Salt, Sugar, Cornstarch, Black Pepper.

Wrapper: Bleached Wheat Flour Enriched, Water, Soybean Oil, Salt, Soy Lecithin

Nutrition Facts

10 servings per package
 Serving size 4 rolls (4 oz)

Amount per serving
Calories 240

% Daily Value*

Total Fat 9g **11%**
 Saturated Fat 2.5g **13%**
 Trans Fat 0g

Cholesterol 20mg **6%**

Sodium 610mg **27%**

Total Carbohydrate 31g **11%**

Dietary Fiber 3g **12%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 10g

Vitamin D 0mcg 0% Iron 2mg 10%

Calcium 23mg 2% Potassium 224mg 4%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

