



Philippine style LUMPIA VEGETABLE

GoodSource Item #3314-B
 Pack size6 x 2.5 lbs
 Net weight/case15 lbs
 Shelf life18 mos from production date
 Kosher.....No
 Allergens.....Wheat, Soy, Sesame

What is it?

Coarsely ground vegetables wrapped in a thin crepe.

How is it served?

As an appetizer and side dish.

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 and crunchy.

Ingredients:

Filling: Cabbage, Carrots, Celery, Water, Cornstarch, Onion, Bleached Wheat Flour Enriched (Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Sesame Oil, Sugar, Black Pepper

Wrapper: Enriched Wheat Flour (Wheat flour, Niacin, Iron, Thiamine, Riboflavin, Folic Acid), Water, Soya Oil, Salt, Soy Lecithin.

Nutrition Facts	
3.5 servings per package	
Serving size	4 rolls (4 oz)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 7g	26%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 640mg	28%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	10%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Iron 2mg	10%
Calcium 23mg	2%
Potassium 193mg	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.	

