

# NUTRITIONAL FACTS

THE PERFECT GOURMET

## Spring Rolls (24) 2oz



### Philly Cheese Steak In A Springroll Wrapper

**Conventional Oven:** Cook from Frozen, Preheat oven to 375°F. Place on cooking sheet, lightly brush springrolls with oil.

Bake for 14 - 17 minutes from frozen until internal temperature reaches 160 degrees.

*\*Equipment varies, adjust cooking times accordingly.*

**Air Fryer:** Cook from Frozen, Preheat to 375°F. Spray springrolls with oil.

Cook for 10 - 12 minutes from frozen until internal temperature reaches 160 degrees. Shake Basket halfway through.

**INGREDIENTS:** Beef, Onions, Green Pepper, Mushrooms, Mozzarella Cheese[Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Cellulose, Dextrose, Natamycin,]Cheddar Cheese[Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Anato, Coloring, Potato Starch, Corn Starch, Dextrose, Calcium Sulfate, Enzymes] Montreal Steak[Coarse Salt, Spices, Including Black&Red Peppers, Garlic, Sunflower Oil, Natural Salt, Flavoring & Extractives of Paprika]

**WRAPPER:** Bleached Wheat Flour, Water, Salt, Disodium Phosphate, Sodium Bicarbonate, Soybean Oil

**CONTAINS:** Milk, Soy, Wheat, Eggs

Nutrition Facts	
25 servings per container	
Serving size 1 piece (57g)	
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 290mg	13%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 1mg	6%
Potassium 108mg	2%

\*The % Daily Value 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.

**KEEP FROZEN**



Net Weight 3.125 lbs.

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## Spinach & Artichoke Spring Roll

**Conventional Oven:** Cook from Frozen, Preheat oven to 375°F. Place on cooking sheet, lightly brush springrolls with oil.

Bake for 14 - 17 minutes from frozen until internal temperature reaches 160 degrees.

*\*Equipment varies, adjust cooking times accordingly.*

**Air Fryer:** Cook from Frozen, Preheat to 375°F. Spray springrolls with oil.

Cook for 10 - 12 minutes from frozen until internal temperature reaches 160 degrees. Shake basket halfway through.

**INGREDIENTS:** Filling: Spinach, artichoke, Mozzarella Cheese, Cheddar Cheese, Garlic, Salt, Pepper, Spices.

**WRAPPER:** Wheat Flour, Water, Salt, Hydroxylated Soy Lecithin, and Soybean Oil.

**CONTAINS:** Butter, Cheese, Eggs, Wheat, Milk, Soy

Nutrition Facts	
Serving Size 1 piece (57g)	
Servings per Container 25	
Amount Per Serving	
Calories 80	
% Daily Value*	
<b>Total Fat 4.5g</b>	6%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 15mg</b>	5%
<b>Sodium 300mg</b>	13%
<b>Total Carbohydrate 5g</b>	2%
Dietary Fiber 1g	4%
Sugars 0g	
<b>Protein 5g</b>	
Vitamin D 0%	Potassium 2%
Calcium 10%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

**KEEP FROZEN**



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## Reuben Spring Roll

**Conventional Oven:** Cook from Frozen, Preheat oven to 375°F. Place on cooking sheet, lightly brush springrolls with oil.

Bake for 14 - 17 minutes from frozen until internal temperature reaches 160 degrees.

*\*Equipment varies, adjust cooking times accordingly.*

**Air Fryer:** Cook from Frozen, Preheat to 375°F. Spray springrolls with oil.

Cook for 10 - 12 minutes from frozen until internal temperature reaches 160 degrees. Shake Basket halfway through.

**INGREDIENTS:** Filling: Sauerkraut[Sauerkraut, Water, Salt] Cooked Corned Beef And 20% Solution[Beef, Water, Dextrose, Salt, Hydrolyzed Soy Protein, Sugar, Garlic Powder, Sodium Nitrate, Sodium Phosphates, Sodium Ascorbate, Flavoring], Swiss Cheese[Pasteurized Milk, Cheese Culture, Salt, Enzymes, Cellulose], Mayonnaise [Soybean Oil, Whole Eggs, Vinegar, Water, Egg Yolks, Salt Sugar, Dextrose, Lemon Juice, Natural Flavor, Calcium Disodium Edta[Used To Protect Quality], Mustard Powder, Salt, Pepper, Lemon Juice, Sulfite, Eggs.

**WRAPPER:** Bleached Wheat Flour, Water, Salt, Disodium Phosphate, Sodium Bicarbonate and Soybean Oil.

**CONTAINS:** Soy, Wheat, Eggs, Milk

Net Weight 3.125 lbs.

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Nutrition Facts	
25 servings per container	
Serving size	1 Piece (57g)
Amount per serving	
<b>Calories</b>	<b>110</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 470mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 1mg	6%
Potassium 23mg	0%

\*The % Daily Value 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.

**KEEP FROZEN**

