

NUTRITIONAL FACTS

THE PERFECT GOURMET

25/ 1.8 oz choice of spring rolls

THE PERFECT
Gourmet

Chicken Spring Roll
KEEP FROZEN FULLY COOKED



HEATING INSTRUCTIONS:

Air Fry: Heat from frozen. Preheat to 400°F with rack in the center. Air Fry for 12 minutes.
Oven: Heat from frozen. Preheat oven to 400°F. Bake for 16-18 minutes.

Toaster: Thaw spring rolls by microwaving for 30 seconds on HIGH setting. Add 10 seconds for each additional roll. Remove and place inside the toaster oven. Toast for 10 minutes.

INGREDIENTS:

FILLING: Chicken, Cabbage, Carrots, Scallions, Napa Cabbage, Sugar, Contains 2% Or Less Of Thai Basil, Sesame Oil, Garlic, Modified Corn Starch, Soy Sauce Powder (Soy Sauce [Soybeans, Wheat, Salt], Maltodextrin, Salt), Salt, Cooking Wine (Wine [Water, Rice], Salt), Ginger Puree (Ginger, Water), Chili Sauce (Red Chile Peppers, Distilled Vinegar, Salt), Water.

Wrapper: Wheat Flour, Water, Salt, Corn Syrup Solids. Fried In Soybean And/Or Sesame Oil

Contains: Wheat, Soy, Sesame.

5-1.8 oz Spring Rolls
Net Wt. 9oz.

Manufactured for RFG, Swedesboro, NJ 08085

P1343

Nutrition Facts

5 servings per container
Serving size 1 spring roll (51g)

	Per serving	Per container
Calories	100	480
	% DV*	% DV*
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	0g
Cholesterol	20mg	6%
Sodium	300mg	13%
Total Carbohydrate	15g	5%
Dietary Fiber	1g	3%
Total Sugars	2g	4g
Incl. Added Sugars	1g	2%
Protein	4g	21g
Vitamin D	0mcg	0%
Calcium	10mg	2%
Iron	0.6mg	4%
Potassium	100mg	2%

*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.
Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

ITEM# 870

THE PERFECT
Gourmet

Vegetable Spring Roll
KEEP FROZEN FULLY COOKED

HEATING INSTRUCTIONS:

Air Fry: Heat from frozen. Preheat to 400°F with rack in the center. Air Fry for 12 minutes.
Oven: Heat from frozen. Preheat oven to 400°F. Bake for 16-18 minutes.

Toaster: Thaw spring rolls by microwaving for 30 seconds on HIGH setting. Add 10 seconds for each additional roll. Remove and place inside the toaster oven. Toast for 10 minutes.

INGREDIENTS:

FILLING: Cabbage, Carrots, Onion, Edamame, Tofu Noodle (Soybeans, Water, Calcium Sulfate, Sodium Carbonate, Riboflavin [Vitamin B2]), Kale, Shiitake Mushroom, Contains 2% Or Less Of Soybean Oil, Sugar, Modified Corn Starch, Sesame Oil, Salt, Garlic, Ginger Puree (Ginger, Water), Soy Sauce Powder (Soy Sauce [Soybeans, Wheat, Salt], Corn Starch [Corn Starch, Salt], Salt), Spices, Yeast Extract.

Wrapper: Wheat Flour, Water, Salt, Corn Syrup Solids. Fried In Soybean And/Or Sesame Oil

Contains: Wheat, Soy, Sesame.

5-1.8 oz Spring Rolls
Net Wt. 9oz.

Manufactured for RFG, Swedesboro, NJ 08085

P1344

Nutrition Facts

5 servings per container
Serving size 1 spring roll (51g)

	Per serving	Per container
Calories	80	390
	% DV*	% DV*
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0g
Cholesterol	0mg	0%
Sodium	250mg	11%
Total Carbohydrate	14g	5%
Dietary Fiber	1g	4%
Total Sugars	2g	8g
Incl. Added Sugars	<1g	1%
Protein	2g	11g
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.6mg	4%
Potassium	80mg	2%

*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.
Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

ITEM# 871

NUTRITIONAL FACTS

THE PERFECT GOURMET