

INGREDIENTS: FILLING: BEEF. CHEESE. GREEN PEPPER. WATER. CABBAGE. SOY FLOUR. LESS THAN 2% SUGAR. SALT. MONOSODIUM GLUTAMATE. BLACK PEPPER. GARLIC POWDER. VEGETABLE OIL. SESAME OIL. CRUST: WHEAT FLOUR. WATER. CORN STARCH. SALT. FD&C YELLOW #5&6 FOOD COLOR. ASSCORBIC ACID.

CONTAINS: WHEAT. SOY BEAN. CHEESE.

HEATING INSTRUCTIONS: REMOVE EGG ROLLS FROM PACKAGING. PREPARE FROM FROZEN. HEAT THOROUGHLY UNTIL INTERNAL TEMPERATURE REACHES 165°F. DUE TO VARIATION IN EQUIPMENT, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENT. ALLOW EGG ROLLS TO SIT FOR 2 - 3 MINUTES BEFORE SERVING.

DEEP FRYER: FILL THE DEEP FRYER WITH OIL AND OPERATE ACCORDING TO THE MANUFACTURER'S INSTRUCTIONS. HEAT OIL TO 350°F. FRY EGG ROLLS FOR 7.5 - 8.5 MINUTES.

CONVENTIONAL OVEN: PREHEAT OVEN TO 425°F. HEAT EGG ROLLS ON TRAY OR BAKING SHEET ON MIDDLE RACK OF OVEN. BAKE FOR 20 - 25 MINUTES OR UNTIL HEATED THROUGH, TURNING ONCE FOR BEST RESULTS.

AIR FRYER: SET TEMPERATURE AT 400°F. PLACE 1 TO 2 EGG ROLLS INTO DEVICE FRY PAN. COOK FOR 10 - 15 MINUTES.



NET WT. 1 lb 14 oz (850g)

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Nutritio	container
Serving size	1 piece (85g
Amount per serving Calories	240
	% Daily Value
Total Fat 8g	109
Saturated Fat 2.5	ilg <b>13</b> 9
Trans Fat Og	
Cholesterol 20mg	79
Sodium 450mg	20
Total Carbohydrat	e 31g 119
Dietary Fiber 2g	79
Total Sugars 2g	
Includes <1g Ad	Ided Sugars 19
Protein 13g	269
Vit. D 0.06mcg 0% •	Calcium 108mg 8
Iron 2.32mg 15% •	Potas. 155mg 4
	g of food contributes to lories a day is used fo

