

# Egg Roll Vegetarian

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	2	pieces	<b>Prep</b>
<b>Portion</b>	3	oz	<b>Cook</b>
<b>Num Portions</b>	2		<b>Finish</b>
			<b>Shelf</b>

<b>Nutrition Facts</b>	
Serving Size	3 oz (85g)
Servings Per Container	2
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Amount Per Serving	
<b>Calories</b> 202	Calories From Fat 86
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% Daily Value	
<b>Total Fat</b> 10g	14%
Saturated Fat 3g	12%
<b>Cholesterol</b> 40mg	13%
<b>Sodium</b> 410mg	17%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber 2g	9%
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<b>Protein</b> 9g	
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Vitamin A 21%	Vitamin C 13%
Calcium 3%	Iron 11%
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* Percent Daily Values are based on a 2000 calorie diet.	

### Nutrition Descriptors

High in Vitamin A  
Good Source of Vitamin C  
Good Source of Iron  
Good Source of Protein