



VEGETABLE SPRING ROLL

Cooking Instructions:

Preheat oil for Frying

Immerse the spring roll into oil

Reduce the flame and fry for 3-4 minutes till golden brown

Remove from fryer and drain excess oil. Serve hot

Nutrition facts :

Nutritional Information	Per 100g	Per Serving	% RDA, *Per serving
Energy(Kcal)	183.6	183.6	9.18
Proteing	4.4	4.4	8.8
TotalCarbohydrateg	30.7	30.7	11.16
TotalSugarsg	<0.5	<0.5	
AddedSugarsg	<0.5	<0.5	
TotalFatg	4.8	4.8	7.16
SaturatedFatg	1.81	1.8	8.23
PolyunsaturatedFatg	2.24	2.2	
MonounsaturatedFat	0.75	0.8	
TransFatg	0	0	0
Cholesterol g	0	0	0
Sodiummg	562	562	28.1

Allergen Information

Contains Wheat, Sesame, Soy & Dary.

Ingredients Used

Pastry Wrap: Wheat Flour, Water, Coconut oil, salt

Filling: Chicken Meat (29.07), Onion, Potato, Carrot, Onion, Refined Sunflower Oil, Garlic, Green Chilli, Capsicum, Beans, Glass Noodles, Spring Salt, Sesame, Oyster Sauce, Ginger, Black Pepper, Soya Sauce

