

# Egg Roll Cooking Instructions



**AIR  
FRYER**



**CONVENTIONAL  
OVEN**

**PREHEAT**

**400°F**

**400°F**

**COOK**

**10-12 Minutes**  
*(or until sizzling)*

**15-18 Minutes**  
*(or until sizzling)*

**COOL**

**3-4 Minutes**  
*(before enjoying)*

**3-4 Minutes**  
*(before enjoying)*

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**CAUTION: VERY HOT**

Cook thoroughly to an internal temperature of 165°. Oven or air fryer temperature may vary (adjust time & temp as necessary)



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## Philly Cheesesteak Egg Rolls



MADE WITH THE ORIGINAL COOPER SHARP CHEESE!



### INGREDIENTS

**INGREDIENTS: WRAPPER:** BLEACHED WHEAT FLOUR, WATER, CORN STARCH, SALT, PRESERVATIVES (ASCORBIC ACID, CITRIC ACID & POTASSIUM SORBATE), FD & C YELLOW #5 & #6, **FILLING:** SEASONED BEEF SLICES, WATER AND MODIFIED FOOD STARCH PRODUCT [BEEF, WATER, DEXTROSE, SODIUM PHOSPHATE MODIFIED CORN STARCH, SALT, AUTOLYZED YEAST, HYDROLYZED CORN PROTEIN. COATED WITH: DEXTROSE, SODIUM CITRATE, SALT, CARAMEL COLOR SODIUM DIACETATE, SPICES, FLAVORING (GARLIC & ONION POWDER), PAPRIKA, HYDROLYZED CORN PROTEIN, MALTODEXTRIN, GRILL FLAVOR (FROM SUNFLOWER OIL), MODIFIED CORN STARCH, CORN SYRUP SOLIDS, NATURAL SMOKE FLAVOR, GUAR GUM.], PASTEURIZED PROCESS AMERICAN CHEESE [MILK, WATER, CREAM, SODIUM CITRATE, SALT, CHEESE CULTURE, SORBIC ACID, ENZYMES), POTATO STARCH, POWDERED CELLULOSE, NATAMYCIN (A NATURAL MOLD INHIBITORI, ONION POWDER, GARLIC POWDER, BLACK PEPPER.

**CONTAINS: MILK, WHEAT**

### Nutrition Facts

60 servings per container  
**Serving size 1 egg roll (85g)**

**Amount Per Serving**  
**Calories 220**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 8g           | <b>10%</b>     |
| Saturated Fat 4.5g            | <b>23%</b>     |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 30mg       | <b>10%</b>     |
| <b>Sodium</b> 590mg           | <b>26%</b>     |
| <b>Total Carbohydrate</b> 23g | <b>8%</b>      |
| Dietary Fiber 1g              | <b>4%</b>      |
| Total Sugars <1g              |                |
| Includes <1g Added Sugars     | <b>1%</b>      |

| <b>Protein</b> 11g |    |
|--------------------|----|
| Vitamin D 0.1mcg   | 0% |
| Calcium 90mg       | 8% |
| Iron 1mg           | 6% |
| Potassium 150mg    | 4% |

\* 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.

## Buffalo Chicken Egg Rolls



### INGREDIENTS

**INGREDIENTS: FILLING:** CHICKEN (BONELESS AND SKINLESS CHICKEN, WATER, DEXTROSE, SODIUM PHOSPHATE, MODIFIED FOOD STARCH, SALT, AUTOLYZED YEAST, HYDROLYZED CORN PROTEIN. COATED WITH: DEXTROSE, SODIUM CITRATE, SALT, MODIFIED FOOD STARCH, SODIUM DIACETATE, MALTODEXTRIN, MUSTARD, GARLIC POWDER, CARAMEL COLOR, BLACK PEPPER, ONION POWDER, HYDROLYZED CORN PROTEIN, GRILL FLAVOR, NATURAL SMOKE FLAVOR, GUAR GUM), PASTEURIZED PROCESS AMERICAN CHEESE [(MILK, WATER, CREAM, SODIUM CITRATE, SALT, CHEESE CULTURE, SORBIC ACID, ENZYMES), POTATO STARCH, POWDERED CELLULOSE, NATAMYCIN (A NATURAL MOLD INHIBITOR)], HOT SAUCE (PEPPERS, VINEGAR, SALT) **WRAPPER:** ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SALT, WHOLE EGG POWDER, SODIUM PROPIONATE (TO RETARD SPOILAGE), CITRIC ACID, BENZOATE (TO RETARD CALCIUM SULFATE, L-CYSTEINE (DOUGH CONDITIONER), TRICALCIUM PHOSPHATE. DUSTED WITH CORNSTARCH. **CONTAINS: MILK, EGG, WHEAT**

| <b>Nutrition Facts</b>               |            |
|--------------------------------------|------------|
| 60 servings per container            |            |
| <b>Serving size 1 egg roll (85g)</b> |            |
| <b>Amount Per Serving</b>            |            |
| <b>Calories</b>                      | <b>200</b> |
| <b>% Daily Value*</b>                |            |
| <b>Total Fat</b> 6g                  | <b>8%</b>  |
| Saturated Fat 3g                     | <b>15%</b> |
| Trans Fat 0g                         |            |
| <b>Cholesterol</b> 35mg              | <b>12%</b> |
| <b>Sodium</b> 780mg                  | <b>34%</b> |
| <b>Total Carbohydrate</b> 23g        | <b>8%</b>  |
| Dietary Fiber 1g                     | <b>4%</b>  |
| Total Sugars <1g                     |            |
| Includes 0g Added Sugars             | <b>0%</b>  |
| <b>Protein</b> 13g                   |            |
| Vitamin D 0.1mcg                     | 0%         |
| Calcium 80mg                         | 6%         |
| Iron 0.6mg                           | 4%         |
| Potassium 180mg                      | 4%         |

\*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.

## Smoked Brisket Egg Rolls



MADE WITH  
CERTIFIED  
ANGUS BEEF!



### INGREDIENTS

**INGREDIENTS: WRAPPER:** BLEACHED WHEAT FLOUR, WATER, CORN STARCH, SALT, PRESERVATIVES (ASCORBIC ACID, CITRIC ACID & POTASSIUM SORBATE), FD & C YELLOW #5 & #6. **FILLING:** CERTIFIED ANGUS BEEF SHREDDED BEEF BRISKET [BEEF BRISKETS, WATER, BROWN SUGAR, SEASONING [SALT, SPICES (INCLUDES PEPPER AND THYME), EXTRACTIVES OF ONION AND GARLIC], DEXTROSE, SALT, SODIUM PHOSPHATE, SUGAR], CHEDDAR CHEESE [(PASTEURIZED MILK), CHEESE CULTURE, SALT, ENZYMES, ANNATTO (COLOR), POTATO STARCH AND POWDERED CELLULOSE (ANTI CAKING AGENT) ADDED TO PREVENT CAKING, NATAMYCIN (A NATURAL MOLD INHIBITOR)], BROWN SUGAR, HYDROLYZED VEGETABLE PROTEIN (WATER, HYDROLYZED SOY PROTEIN, SALT), MUSTARD (VINEGAR, WATER, MUSTARD SEED, SALT, TURMERIC, PAPRIKA), WATER, BOURBON WHISKEY, SALT, GARLIC POWDER, WORCESTERSHIRE SAUCE (DISTILLED VINEGAR, MOLASSES, CORN SYRUP, WATER, SALT, CARAMEL COLOR, GARLIC POWDER, SUGAR, SPICES, TAMARIND, NATURAL FLAVOR), SPICES, CITRIC ACID, NATURAL FLAVOR, SODIUM BENZOATE (TO PRESERVE FRESHNESS). **CONTAINS: MILK, WHEAT, SOY**

| <b>Nutrition Facts</b>               |            |
|--------------------------------------|------------|
| 60 servings per container            |            |
| <b>Serving size 1 egg roll (85g)</b> |            |
| <b>Amount Per Serving</b>            |            |
| <b>Calories</b>                      | <b>210</b> |
| <b>% Daily Value*</b>                |            |
| <b>Total Fat</b> 8g                  | <b>10%</b> |
| Saturated Fat 3.5g                   | <b>18%</b> |
| Trans Fat 0g                         |            |
| <b>Cholesterol</b> 25mg              | <b>8%</b>  |
| <b>Sodium</b> 470mg                  | <b>20%</b> |
| <b>Total Carbohydrate</b> 22g        | <b>8%</b>  |
| Dietary Fiber 1g                     | <b>4%</b>  |
| Total Sugars <1g                     |            |
| Includes <1g Added Sugars            | <b>2%</b>  |
| <b>Protein</b> 10g                   |            |
| Vitamin D 0mcg                       | 0%         |
| Calcium 60mg                         | 4%         |
| Iron 1.1mg                           | 6%         |
| Potassium 50mg                       | 0%         |

\* 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.

# Egg Roll Nutrition Facts

## Beef Birria Egg Rolls



### INGREDIENTS

**INGREDIENTS:** **WRAPPER:** BLEACHED WHEAT FLOUR, WATER, CORN STARCH, SALT, PRESERVATIVES (ASCORBIC ACID, CITRIC ACID & POTASSIUM SORBATE), FD & C YELLOW #5 & #6, **FILLING:** SHREDDED BEEF BIRRIA [COOKED BEEF, WATER, BARBEQUE MARINADE (SAUCE (WATER, CHILE CALIFORNIA, CHOCOLATE [SUGAR, CHOCOLATE, SOY LECITHIN, VEGETABLE OIL (PALM, SHEA NUT AND/OR ILLIPE NUT), ARTIFICIAL FLAVOR, POLYGLYCEROL POLYRICINOLEATE (PGPR), COCOA PROCESSED WITH ALKALI), VINEGAR (DISTILLED VINEGAR FROM CORN DILUTED WITH WATER TO 5% ACIDITY), SALT, SESAME SEED, CUMIN, CHICKEN BOULLION [DEXTROSE, SALT, SUGAR, CHICKEN FAT, CHICKEN POWDER, HYDROLIZED SOY PROTEIN, ONION POWDER, WHEY, SILICON DIOXIDE, NATURAL FLAVORING, TURMERIC, CELERY AND CILANTRO FLAKES], GARLIC GRANULATED, WHOLE CINNAMON, BAY LEAVES, OREGANO, GROUND CLOVE), MOJO CRIOLLO (WATER, SALT, ORANGE JUICE CONCENTRATE, LEMON JUICE CONCENTRATE, GARLIC, ONION, SPICES, SUGAR, 0.1 % SODIUM BENZOATE AND POTASSIUM SORBATE AS PRESERVATIVE), WHITE DISTILLED VINEGAR DILUTED WITH WATER TO A UNIFORM PICKLING AND TABLE STRENGTH OF 5% (50 GRAIN) ACIDITY, SALT, GRANULATED GARLIC, CLOVE, OREGANO, CUMIN, BAY LEAVES]], OAXACA CHEESE (CULTURED PASTEURIZED MILK, SALT AND ENZYMES), POWDERED CELLULOSE (ANTI-CAKING AGENT) AND NATAMYCIN (A NATURAL MOLD INHIBITOR)., DICED ONIONS, CILANTRO, PAPRIKA, GUAJILLO PEPPER, CHILI POWDER, SALT, SUGAR, CITRIC ACID, RICE FLOUR, FD & C RED NO. 40, FD & C YELLOW NO. 6, GARLIC, ONION, HERBS & SPICES **CONTAINS: MILK, WHEAT, SOY, SESAME**

### Nutrition Facts

60 servings per container  
**Serving size 1 egg roll (85g)**

**Amount Per Serving**  
**Calories 200**

% Daily Value\*

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 6g           | <b>8%</b>  |
| Saturated Fat 3.5g            | <b>18%</b> |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 30mg       | <b>10%</b> |
| <b>Sodium</b> 720mg           | <b>31%</b> |
| <b>Total Carbohydrate</b> 22g | <b>8%</b>  |
| Dietary Fiber 2g              | <b>7%</b>  |
| Total Sugars 0g               |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 12g            |            |
| Vitamin D 0.1mcg              | 0%         |
| Calcium 130mg                 | 10%        |
| Iron 1.1mg                    | 6%         |
| Potassium 140mg               | 4%         |

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# Egg Roll Nutrition Facts

## Spinach Artichoke Dip Egg Rolls



### INGREDIENTS

**INGREDIENTS: WRAPPER:** BLEACHED WHEAT FLOUR, WATER, CORN STARCH, SALT, PRESERVATIVES (ASCORBIC ACID, CITRIC ACID & POTASSIUM SORBATE), FD & C YELLOW #5 & #6. **FILLING:** SPINACH ARTICHOKE DIP (WATER, SPINACH, CREAM (MILK), ARTICHOKE PIECES (ARTICHOKEs, ASCORBIC ACID, CITRIC ACID), PARMESAN CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), SOYBEAN OIL, ROMANO CHEESE (SHEEP&TMS MILK, CHEESE CULTURE, SALT, ENZYMES), CONTAINS LESS THAN 2% OF MODIFIED FOOD STARCH, SALT, DEHYDRATED GARLIC, SPICES, CITRIC ACID), MOZZARELLA/PROVOLONE CHEESE BLEND [LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED MILK AND SKIM MILK, CHEESE CULTURES, SALT, ENZYMES) PROVOLONE CHEESE (PASTEURIZED MILK AND SKIM MILK, CHEESE CULTURES, SALT, ENZYMES) CELLULOSE (ADDED TO PREVENT CAKING), NATAMYCIN (A NATURAL PRESERVATIVE)]  
**CONTAINS: MILK, EGG, WHEAT**

### Nutrition Facts

60 servings per container  
**Serving size 1 egg roll (71g)**

**Amount Per Serving**  
**Calories 170**

**% Daily Value\***

|                               |            |
|-------------------------------|------------|
| <b>Total Fat</b> 6g           | <b>8%</b>  |
| Saturated Fat 3g              | <b>15%</b> |
| Trans Fat 0g                  |            |
| <b>Cholesterol</b> 15mg       | <b>5%</b>  |
| <b>Sodium</b> 380mg           | <b>17%</b> |
| <b>Total Carbohydrate</b> 22g | <b>8%</b>  |
| Dietary Fiber 2g              | <b>7%</b>  |
| Total Sugars <1g              |            |
| Includes 0g Added Sugars      | <b>0%</b>  |
| <b>Protein</b> 8g             |            |
| Vitamin D 0mcg                | 0%         |
| Calcium 130mg                 | 10%        |
| Iron 0.4mg                    | 2%         |
| Potassium 110mg               | 2%         |

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# Cooked Steak Heating Instructions

## HEATING INSTRUCTIONS

FOR THE BEST FLAVOR AND JUICINESS, FOLLOW THESE METHODS TO COOK OUR STEAKS TO PERFECTION:

- MICROWAVE FOR QUICK AND EASY HEATING.
- OVEN (COVERED) FOR EVEN COOKING AND A DELICIOUSLY TENDER RESULT.
- FLAT TOP GRILL (TURNING OCCASIONALLY) FOR A CRISPY, FLAVORFUL CRUST.
- PAN (TURNING OCCASIONALLY) FOR A GOLDEN-BROWN SEAR.

TOP WITH YOUR FAVORITE CHEESE TO MELT, THEN PLACE IT ON A SLICED ROLL. ONCE COOKED, USE A SPATULA TO LIFT THE STEAK, FLIP THE ROLL, AND ENJOY EVERY JUICY BITE!

## INGREDIENTS

BEEF, WATER, DEXTROSE, SODIUM PHOSPHATES, MODIFIED CORN STARCH, SALT, AUTOLYZED YEAST, HYDROLYZED CORN PROTEIN. COATED WITH: DEXTROSE, SALT, MODIFIED CORN STARCH, SODIUM CITRATE, CARAMEL COLOR, MALTODEXTRIN, SPICES (GARLIC POWDER AND BLACK PEPPER), SODIUM DIACETATE, FLAVORING (MUSTARD, ONION POWDER), CITRIC ACID, PAPRIKA, HYDROLYZED CORN PROTEIN, GUAR GUM, GRILL FLAVOR, NATURAL SMOKE FLAVOR, SMOKE FLAVOR, CORN SYRUP SOLIDS.

## Nutrition Facts

servings per container  
**Serving size 4 oz. (113g)**

Amount per serving  
**Calories 120**

|                              | % Daily Value* |
|------------------------------|----------------|
| <b>Total Fat</b> 6g          | <b>8%</b>      |
| Saturated Fat 2g             | <b>10%</b>     |
| Trans Fat 0g                 |                |
| <b>Cholesterol</b> 50mg      | <b>17%</b>     |
| <b>Sodium</b> 260mg          | <b>11%</b>     |
| <b>Total Carbohydrate</b> 1g | <b>0%</b>      |
| Dietary Fiber 0g             | <b>0%</b>      |
| Total Sugars 1g              |                |
| Includes 1g Added Sugars     | <b>2%</b>      |
| <b>Protein</b> 16g           |                |
| Vitamin D 0mcg               | <b>0%</b>      |
| Calcium 16mg                 | <b>2%</b>      |
| Iron 1mg                     | <b>6%</b>      |
| Potassium 207mg              | <b>4%</b>      |

\*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.