



Spring Rolls

USDA Recipe for CACFP

Spring Rolls consist of fresh vegetables that include carrots, zucchini, red cabbage, and bok choy. They are combined with cilantro, basil, mint, and ginger and then wrapped in rice paper.

CACFP CREDITING INFORMATION

1 spring roll and 1 soufflé cup provide $\frac{3}{8}$ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh carrots, julienned	1 lb	3½ cups	2 lb	1 qt 3 cups	1 Combine carrots, zucchini, cabbage, bok choy, cilantro, basil, peppermint, ginger, and tofu (optional) in a large bowl. Stir well. Set aside for step 5.
*Fresh zucchini, with skin, sliced	11 oz	2 cups	1 lb 6 oz	1 qt	
*Fresh red cabbage, shredded	12 oz	1 qt ¾ cup	1 lb 8 oz	2 qt 1½ cups	
*Fresh baby bok choy, julienne		2¾ cups 1 Tbsp 1½ tsp	1 lb 4 oz	1 qt 1½ cups 2 Tbsp 2⅔ tsp	
Fresh cilantro, minced		⅛ cup		¼ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh basil, minced		1/8 cup		1/4 cup	
Fresh peppermint, minced		1/8 cup		1/4 cup	
Fresh ginger, grated		3 Tbsp		1/4 cup 2 Tbsp	
(Optional) Tofu	3 lb 8 oz	1 qt 2 1/2 cups	7 lb	3 qt 1 cup	2 Critical Control Point: Cool to 40 °F or lower within 4 hours.
Spring roll wrappers, 8.5" (1 oz each)	1 lb 9 oz	25 each	3 lb 2 oz	50 each	3 Place one wrapper at a time in a bowl of warm water. Allow wrapper to soften in water for 5–10 seconds.
					4 Place wrapper on a cutting board.
					5 Using a No. 6 scoop, portion 2/3 cup (about 2 oz) vegetable mixture onto center of each wrapper. Roll in the form of a burrito and seal.
					6 Place spring rolls seam side down on a steam table pan (12" x 20" x 2 1/2"). Set aside for step 11. For 25 servings, use 1 pan (25 spring rolls). For 50 servings, use 2 pans (50 spring rolls).
					7 Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Duck sauce	12 1/2 oz	1 1/3 cups 2 1/3 tsp	1 lb 9 oz	2 2/3 cups 1 Tbsp 1 2/3 tsp	8 Pour 2 2/3 tsp (about 1/2 oz) duck sauce into each soufflé cup. Set aside for step 11.
					9 If unable to serve spring rolls immediately, cover with a damp cloth to prevent rolls from sticking together.
					10 Critical Control Point: Hold at 40 °F or below.
					11 Serve 1 spring roll and 1 soufflé cup.

NUTRITION INFORMATION

For 1 spring roll and 1 soufflé cup.

NUTRIENTS	AMOUNT
Calories	71
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	136 mg
Total Carbohydrate	16 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	0 IU
Calcium	30 mg
Iron	1 mg
Potassium	113 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 4 oz	2 lb 8 oz
Zucchini	12 oz	1 lb 8 oz
Red cabbage	12 oz	1 lb 8 oz
Bok choy	13 oz	1 lb 10 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 3 lb 15½ oz	About 7 lb 15 oz
About 2 qt/25 spring rolls	About 1 gal/50 spring rolls