



Spring Rolls

USDA Recipe for Schools

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.

NSLP/SBP CREDITING INFORMATION

1 spring roll and 1 soufflé cup provide $\frac{1}{8}$ cup red/orange vegetable and $\frac{1}{4}$ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh carrots, julienne	2 lb	1 qt 3 cups	4 lb	3 qt 2 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	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	
*Fresh red cabbage, shredded	1 lb 8 oz	2 qt 1½ cups	3 lb	1 gal 3 cups	
*Fresh baby bok choy, julienne	1 lb 4 oz	1 qt 1½ cups 2 Tbsp 2⅔ tsp	2 lb 8 oz	1 qt 1½ cups 2 Tbsp 2⅔ tsp	
Fresh cilantro, minced		¼ cup		½ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fresh basil, minced		¼ cup		½ cup	
Fresh peppermint, minced		¼ cup		½ cup	
Fresh ginger, grated	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
(Optional) Tofu	7 lb	3 qt 1 cup	14 lb	1 gal 2 qt 2 cups	
					2 Critical Control Point: Cool to 41 °F or lower within 4 hours.
Spring roll wrappers, 8.5" (1 oz each)	3 lb 2 oz	50 each	6 lb 4 oz	100 each	3 Place one wrapper at a time in a bowl of warm water. Allow wrapper to soften in water for 5–10 seconds.
Duck sauce	1 lb 9 oz	2⅔ cups 1 Tbsp 1⅓ tsp	3 lb 2 oz	1 qt 1⅓ cups 3 Tbsp ⅓ tsp	4 Place wrapper on a cutting board.
					5 Using a No. 6 scoop, portion ⅔ 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 2½"). Set aside for step 11. For 50 servings, use 2 pan (50 spring rolls). For 100 servings, use 4 pans (100 spring rolls).
					7 Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>8 Pour 2²/₃ tsp (about 1/2 oz) duck sauce into each soufflé cup. Set aside for step 11.</p>
					<p>9 If unable to serve spring rolls immediately, cover with a damp cloth to prevent rolls from sticking together.</p>
					<p>10 Critical Control Point: Hold at 41 °F or below.</p>
					<p>11 Serve 1 spring roll and 1 soufflé cup.</p>



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	50 Servings	100 Servings
Carrots	2 lb 8 oz	5 lb
Zucchini	1 lb 8 oz	3 lb
Red cabbage	1 lb 8 oz	3 lb
Bok choy	1 lb 10 oz	3 lb 4 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

50 Servings	100 Servings
About 7 lb 15 oz	About 15 lb 14 oz
About 1 gal/50 spring rolls	About 2 gal/100 spring rolls

