

Baked Egg Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups cabbage shredded
- ☐ 0.7 cup carrots coarsely chopped
- ☐ 0.7 cup celery coarsely chopped
- ☐ 2 tablespoons sesame oil dark
- ☐ 14 egg roll wrappers
- ☐ 1 large egg whites
- ☐ 0.5 teaspoon ginger fresh minced peeled

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 garlic minced
- ☐ 0.5 pound pd of ground turkey
- ☐ 0.8 cup soy sauce low-sodium
- ☐ 1.5 tablespoons soy sauce low-sodium
- ☐ 0.7 cup onion chopped
- ☐ 6 tablespoons rice vinegar
- ☐ 0.5 teaspoon frangelico

Equipment

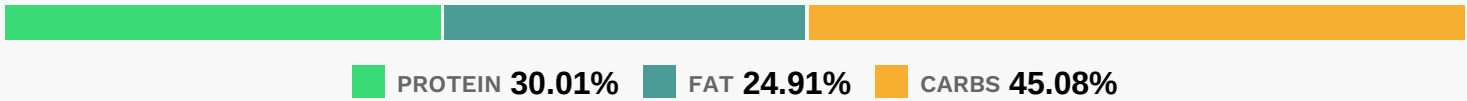
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Preheat oven to 42
- ☐ Combine celery and carrot in food processor, and pulse 10 times or until finely chopped.
- ☐ Combine celery mixture and cabbage in a medium bowl. Cover with plastic wrap; vent. Microwave at high 5 minutes; drain.
- ☐ Heat vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion, 1/2 teaspoon ginger, and garlic; saut 2 minutes.
- ☐ Add turkey; cook 5 minutes.
- ☐ Remove from heat; stir in cabbage mixture, 1 1/2 tablespoons soy sauce, and pepper. Cover and chill 15 minutes.

- ☐ Place 1 egg roll wrapper at a time onto work surface with 1 corner pointing toward you (wrapper should look like a diamond). Trim 1 inch off right and left corners of wrapper. Spoon 3 tablespoons turkey filling into center of wrapper. Fold lower corner of egg roll wrapper over filling. Fold in trimmed corners. Moisten top corner of wrapper with egg white; roll up jelly-roll fashion. Repeat procedure with remaining wrappers, turkey filling, and egg white.
- ☐ Lightly coat egg rolls with cooking spray, and place, seam side down, on a baking sheet coated with cooking spray.
- ☐ Bake at 425 for 18 minutes or until golden brown.
- ☐ To prepare sauce, combine 3/4 cup soy sauce, vinegar, sesame oil, and 1 tablespoon ginger; serve with egg rolls.
- ☐ Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:20.85, Glycemic Load:0.56, Inflammation Score:0, Nutrition Score:6.2565217666004%

Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 94.46kcal (4.72%), Fat: 2.61g (4.01%), Saturated Fat: 0.41g (2.59%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 9.63g (3.5%), Sugar: 1.1g (1.23%), Cholesterol: 10.08mg (3.36%), Sodium: 650.45mg (28.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.07g (14.14%), Vitamin A: 1055.9IU (21.12%), Vitamin B3: 2.57mg (12.85%), Selenium: 7.96µg (11.37%), Vitamin B6: 0.2mg (10.23%), Manganese: 0.2mg (10.1%), Vitamin K: 10.18µg (9.69%), Phosphorus: 82.13mg (8.21%), Vitamin B2: 0.13mg (7.43%), Folate: 28.05µg (7.01%), Vitamin B1: 0.1mg (6.6%), Vitamin C: 4.83mg (5.85%), Magnesium: 21.82mg (5.45%), Potassium: 180.39mg (5.15%), Iron: 0.87mg (4.86%), Fiber: 0.99g (3.97%), Zinc: 0.56mg (3.71%), Vitamin B5: 0.26mg (2.61%), Copper: 0.05mg (2.43%), Calcium: 22.11mg (2.21%), Vitamin B12: 0.09µg (1.46%), Vitamin E: 0.17mg (1.16%)