

# Beef Egg Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 large head cabbage shredded finely
- 0.5 teaspoon garlic dried minced
- 16 ounce egg roll wrappers
- 1 teaspoon ground ginger
- 0.5 teaspoon ground pepper black
- 1 pound ground beef lean
- 1 onion thinly sliced
- 0.5 teaspoon salt

- 2 tablespoons cooking sherry
- 2 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 2 quarts vegetable oil for deep frying
- 0.3 cup water
- 1 teaspoon sugar white

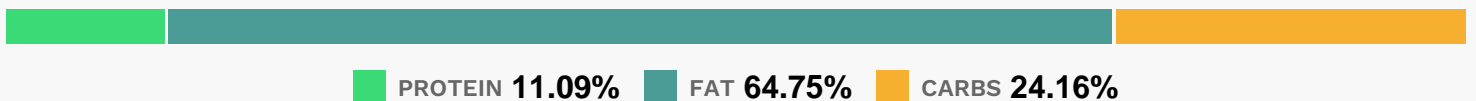
## Equipment

- bowl
- frying pan
- paper towels

## Directions

- In a large skillet over medium-high heat, brown beef, then mix in onion, garlic, 2 tablespoons soy sauce, 1/2 teaspoon salt, 1/2 teaspoon pepper, 2 tablespoons sherry, and ginger. Continue to saute just until onions are tender.
- Transfer mixture to a bowl and set aside.
- In the same skillet, saute cabbage with water, 1 tablespoon oil, sugar, and remaining soy sauce, sherry, salt, and pepper. Continue to saute until cabbage is crisp-tender, about 5 minutes. Return meat mixture to pan and stir together with cabbage over low heat until heated through.
- Remove from heat.
- Pour oil into a deep pan and heat to 350 degrees F (175 degrees C). Fill each egg roll wrapper with approximately 1/4 cup of filling and roll up according to package directions. Fry in preheated oil until golden brown.
- Drain on paper towels and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:13.01, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:14.822173960831%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

## Nutrients (% of daily need)

Calories: 364.98kcal (18.25%), Fat: 26.45g (40.69%), Saturated Fat: 4.48g (28.03%), Carbohydrates: 22.2g (7.4%), Net Carbohydrates: 19.56g (7.11%), Sugar: 3.1g (3.44%), Cholesterol: 20.13mg (6.71%), Sodium: 393.92mg (17.13%), Alcohol: 0.19g (100%), Alcohol %: 0.09% (100%), Protein: 10.19g (20.39%), Vitamin K: 104.58µg (99.6%), Vitamin C: 29.06mg (35.22%), Manganese: 0.38mg (19.08%), Selenium: 13.31µg (19.02%), Vitamin B3: 3.39mg (16.95%), Folate: 61.14µg (15.28%), Vitamin E: 2.2mg (14.69%), Vitamin B1: 0.21mg (14.1%), Zinc: 1.82mg (12.11%), Iron: 2.11mg (11.71%), Vitamin B6: 0.23mg (11.63%), Vitamin B2: 0.19mg (11.18%), Vitamin B12: 0.64µg (10.68%), Fiber: 2.64g (10.55%), Phosphorus: 105.33mg (10.53%), Potassium: 273.69mg (7.82%), Magnesium: 23.53mg (5.88%), Calcium: 49.93mg (4.99%), Copper: 0.09mg (4.34%), Vitamin B5: 0.37mg (3.74%), Vitamin A: 80.93IU (1.62%)