

Beef Egg Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



357 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
- ☐ 2 quarts vegetable oil for deep frying
- ☐ 0.3 cup water
- ☐ 1 teaspoon sugar white

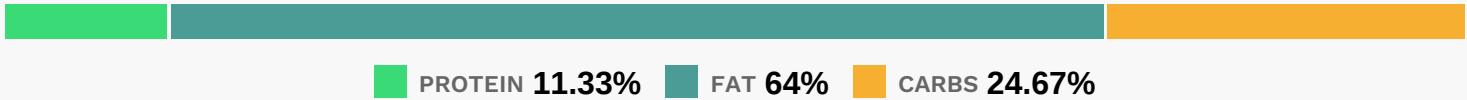
Equipment

- ☐ 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:14.737391443356%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 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: 357.47kcal (17.87%), Fat: 25.6g (39.38%), Saturated Fat: 4.35g (27.22%), 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: 103.01µg (98.11%), 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: 2.13mg (14.23%), 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%)