



Billy's Vegan Egg Rolls

 Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces bean threads (mung bean noodles)
- ☐ 1.5 qts cabbage thinly sliced
- ☐ 1 cup carrots shredded
- ☐ 18 egg roll wrappers fresh (5 in. square)
- ☐ 1 cup mushroom caps fresh chopped
- ☐ 0.3 cup catsup
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon pepper

- ☐ 1 tablespoon pink peppercorns crushed
- ☐ 1 cup regular) rice vinegar red chinese (japanese-style
- ☐ 1.5 tablespoons sesame oil toasted
- ☐ 3 tablespoons sugar
- ☐ 1.5 teaspoons vegetable oil

Equipment

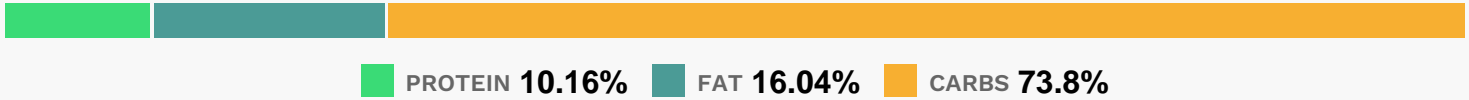
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ kitchen scissors

Directions

- ☐ Simmer peppercorns, vinegar, and sugar in a small saucepan over low heat until reduced by half, about 18 minutes. Stir in ketchup, then strain. Chill until ready to use.
- ☐ Drop noodles into a bowl of very hot water.
- ☐ Let sit, stirring occasionally, until soft and clear, about 4 minutes.
- ☐ Drain, cut up a bit with scissors, and set aside.
- ☐ Heat sesame oil and 1 1/2 tsp. vegetable oil in a large frying pan over medium-high heat.
- ☐ Add cabbage, carrots, mushrooms, salt, and pepper and cook until wilted and starting to brown.
- ☐ Add reserved noodles and stir to combine.
- ☐ Preheat oven to 45
- ☐ Lay 1 egg roll wrapper on a work surface so a corner is facing you. Spoon about 1/4 cup filling just below center.
- ☐ Brush top corner with a bit of water. Lift bottom corner up and over filling, then fold in sides and roll to top corner to seal. Set finished egg roll on a baking sheet lined with parchment

- paper. Make more egg rolls the same way until filling is gone.
- ☐ Brush rolls on both sides with remaining 1 tbsp. vegetable oil, turning to coat.
 - ☐ Bake rolls, turning occasionally, until browned and crisp, 17 to 20 minutes.
 - ☐ Cut in half and serve with sauce.
 - ☐ *Find Chinese red rice vinegar and wood ear mushrooms at Asian grocery stores and bean threads in the Asian-foods aisle of well-stocked supermarkets.
 - ☐ Make ahead: Up to 4 hours, chilled; reheat on a baking sheet in a 350 oven 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:51.15, Glycemic Load:9.05, Inflammation Score:-10, Nutrition Score:27.448695592258%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 317.06kcal (15.85%), Fat: 5.78g (8.89%), Saturated Fat: 0.89g (5.55%), Carbohydrates: 59.86g (19.95%), Net Carbohydrates: 51.15g (18.6%), Sugar: 18.34g (20.37%), Cholesterol: 3.51mg (1.17%), Sodium: 794.51mg (34.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.47%), Vitamin K: 188.57µg (179.59%), Vitamin C: 88.4mg (107.15%), Vitamin A: 3879.69IU (77.59%), Manganese: 1.03mg (51.28%), Folate: 145.92µg (36.48%), Fiber: 8.71g (34.83%), Vitamin B1: 0.38mg (25.61%), Vitamin B6: 0.48mg (23.8%), Vitamin B3: 4.57mg (22.85%), Selenium: 15.06µg (21.51%), Vitamin B2: 0.36mg (21.34%), Potassium: 680.78mg (19.45%), Iron: 3.09mg (17.17%), Phosphorus: 153.84mg (15.38%), Calcium: 136.09mg (13.61%), Magnesium: 51.87mg (12.97%), Vitamin B5: 1.18mg (11.76%), Copper: 0.21mg (10.6%), Zinc: 1.23mg (8.21%), Vitamin E: 0.86mg (5.75%)