



Caramel-Apple Egg Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



438 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup bourbon
- 1 tablespoon candied ginger diced finely
- 1 eggs with 1 tablespoon cold water beaten
- 3 granny smith apples cored peeled cut into small dice
- 0.5 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 pinch ground cloves
- 0.5 teaspoon ground nutmeg
- 0.7 cup powdered sugar

- 0.7 cup sugar
- 2 tablespoons butter unsalted
- 1 teaspoon vanilla extract pure
- 1 quart whipped cream
- 12 servings vegetable oil for deep-frying
- 12 lumpia wrappers (available at Asian markets)

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- stove
- candy thermometer

Directions

- To prepare the filling, toss the apples with about 1 tablespoon of the sugar and set aside.
- Place the remaining sugar in a large saute pan over high heat and cook, without stirring, until the sugar starts to caramelize and turns golden brown, 3 to 4 minutes (it happens fast, so don't leave the stove).
- Add the apples and toss to coat with the sugar.
- Remove the pan from the heat, add the bourbon, and then place it back over the heat. (The bourbon can flame up, so be very careful.) Bring the bourbon to a boil, add the butter, vanilla extract, cinnamon, allspice, nutmeg, and cloves, and cook over high heat until the apples are tender, about 4 minutes.
- Transfer the mixture to a large bowl and let cool until tepid.
- Add the candied ginger and mix well.
- To prepare the egg rolls, place 1 lumpia wrapper on a flat surface, with a corner pointing toward you (as you look down on it, the wrapper should be a diamond shape).

- Place a heaping tablespoon of the filling on the wrapper about 1/2-inch from the corner closest to you, and then fold the corner over the filling. Fold the side corners over the filling, then roll to the opposite corner to form a cylinder.
- Brush the edge of the wrapper with the beaten egg to seal. Continue with the remaining wrappers and filling.
- Heat about 4 inches of vegetable oil in a large saucepan over high heat until it reaches 350 degrees F. (You can check the temperature with a candy thermometer, or place a piece of bread in the oil; if it turns brown in about 40 seconds the oil should be at about 350 degrees F)
- Add as many egg rolls as will fit without overcrowding, and fry until golden brown, 1 to 2 minutes.
- Drain on paper towels.
- Let cool for 3 to 4 minutes, then dust with powdered sugar. Continue with the remaining egg rolls.
- Serve warm or at room temperature with vanilla ice cream.

Nutrition Facts

PROTEIN 3.4%

FAT 52.02%

CARBS 44.58%

Properties

Glycemic Index:22.34, Glycemic Load:20.46, Inflammation Score:-4, Nutrition Score:6.2886956360029%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 438.06kcal (21.9%), Fat: 24.83g (38.21%), Saturated Fat: 8.75g (54.66%), Carbohydrates: 47.89g (15.96%), Net Carbohydrates: 45.99g (16.72%), Sugar: 39.76g (44.18%), Cholesterol: 40.39mg (13.46%), Sodium: 107.37mg (4.67%), Alcohol: 2.34g (100%), Alcohol %: 1.69% (100%), Protein: 3.65g (7.3%), Vitamin K: 27.21µg (25.91%), Vitamin

B2: 0.23mg (13.79%), Calcium: 110.45mg (11.05%), Vitamin E: 1.52mg (10.15%), Phosphorus: 95.12mg (9.51%), Vitamin A: 416.98IU (8.34%), Fiber: 1.91g (7.62%), Potassium: 215.28mg (6.15%), Manganese: 0.11mg (5.59%), Vitamin B1: 0.08mg (5.33%), Selenium: 3.67µg (5.25%), Vitamin B12: 0.31µg (5.22%), Vitamin B5: 0.49mg (4.91%), Zinc: 0.63mg (4.19%), Magnesium: 15.31mg (3.83%), Vitamin C: 2.61mg (3.16%), Folate: 11.93µg (2.98%), Vitamin B6: 0.06mg (2.98%), Vitamin B3: 0.55mg (2.74%), Copper: 0.05mg (2.34%), Iron: 0.42mg (2.32%), Vitamin D: 0.19µg (1.28%)