



 **20%**  
HEALTH SCORE

## Cauliflower Egg Rolls With Sweet and Sour Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



3

CALORIES



517 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup balsamic vinegar
- 2 cups cauliflower florets chopped
- 1 tablespoon sriracha (depending on level of spice)
- 1 cup coleslaw mix (tri-color blend)
- 15 egg roll wrappers
- 3 garlic clove minced
- 2 teaspoons ginger minced

- 2 spring onion finely chopped
- 1 jalapeno diced seeded
- 0.3 cup maple syrup
- 1 tablespoon cooking oil
- 2 teaspoons pepper
- 3 tablespoons pineapple preserves
- 1 bell pepper diced red
- 0.3 cup roasted cashews finely chopped
- 0.5 teaspoon salt to taste (enough )
- 1 teaspoon sesame oil
- 3 tablespoons soya sauce
- 1 small water

## Equipment

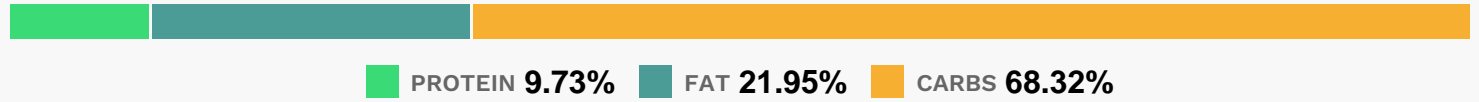
- frying pan
- baking sheet
- oven

## Directions

- FILLING:.
- Heat oil in skillet.On high-medium heat, saute garlic and jalapeno until tender.
- Add cauliflower, coleslaw and saute until wilted, but still crisp.Put in bell pepper and green onion, saute another 30 seconds.
- Remove from heat and mix in cashews, sesame oil, salt and pepper. Keep aside to cool.Preheat oven to 400F.ASSEMBLING AND BAKING THE EGG ROLL:.
- Place egg roll skin in front of you, so it looks like a diamond, with the lower point towards you.
- Place 2 tablespoons of cooled filling just below the center.Fold the bottom point of the diamond over and around the filling. Next, fold the left and right corners over filling.Finish by tightly roll the egg roll like a burrito. Moisten the top corner with a bit of water. Repeat for approximately 15 more skins.Spray a baking sheet with cooking spray.

- Place your egg rolls seam side down on greased sheet. Use cooking spray to coat the top of the egg roll lightly.
- Bake for 10 minutes, turn sides and bake for an additional 8- 10 minutes, till sides are golden brown.FOR THE SWEET AND SOUR SAUCE:.Stir all the ingredients together until well blended.
- Serve your egg rolls with the dipping sauce.

## Nutrition Facts



### Properties

Glycemic Index:135.17, Glycemic Load:18.12, Inflammation Score:-9, Nutrition Score:27.503912914058%

### Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

### Nutrients (% of daily need)

Calories: 517.46kcal (25.87%), Fat: 12.73g (19.59%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 89.19g (29.73%), Net Carbohydrates: 83.57g (30.39%), Sugar: 34.94g (38.82%), Cholesterol: 5.85mg (1.95%), Sodium: 2087.28mg (90.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.4%), Vitamin C: 101.25mg (122.72%), Manganese: 1.68mg (83.92%), Vitamin K: 57.14µg (54.42%), Vitamin B2: 0.75mg (44.16%), Folate: 142.34µg (35.59%), Vitamin B1: 0.47mg (31.65%), Selenium: 21.29µg (30.41%), Vitamin A: 1411.56IU (28.23%), Vitamin B3: 5.35mg (26.77%), Iron: 4.46mg (24.78%), Copper: 0.48mg (23.79%), Fiber: 5.62g (22.49%), Vitamin B6: 0.42mg (21.17%), Magnesium: 82.41mg (20.6%), Phosphorus: 196.87mg (19.69%), Potassium: 647.25mg (18.49%), Vitamin E: 1.91mg (12.73%), Calcium: 123.36mg (12.34%), Zinc: 1.81mg (12.07%), Vitamin B5: 0.91mg (9.07%)