



Chicken-and-Mushroom Rolls

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



112 kcal

Ingredients

- 1 tablespoon cornstarch
- 2 ounces ham diced boiled finely
- 1 large egg white
- 1 teaspoon ginger minced peeled
- 0.3 cup jicama diced finely
- 8 servings kosher salt
- 4 mushrooms dried black chinese
- 1 large head napa cabbage
- 2 teaspoons rice wine dry chinese

- 4 scallions halved lengthwise thinly sliced
- 1 tablespoon sesame oil toasted
- 1 chicken breast diced boneless skinless
- 1 teaspoon soya sauce plus more for dipping
- 8 servings vegetable oil for frying

Equipment

- food processor
- frying pan
- paper towels

Directions

- Soak the mushrooms in hot water for 30 minutes; drain.
- Remove the stems, then dice the caps and place in a food processor.
- Add the chicken, ham, ginger, 2 teaspoons salt, rice wine, sesame oil, soy sauce, cornstarch and egg white; pulse 3 or 4 times to form a coarse paste. Stir in the scallions and jicama. Cover and chill for 30 minutes.
- Cut the top 3 or 4 inches off the cabbage and separate the leaves (reserve the bottom for another use).
- Place a heaping tablespoon of filling in the center of each leaf and roll up to enclose the filling.
- Place seam-side down on a plate.
- Heat 1/4 inch of oil in a large skillet over medium heat.
- Add the rolls and fry until the chicken is cooked through and the cabbage is golden, about 2 minutes per side.
- Drain on paper towels, then serve with soy sauce.
- Photograph by Sang An

Nutrition Facts

PROTEIN 32.78% **FAT 45.92%** **CARBS 21.3%**

Properties

Glycemic Index:17.63, Glycemic Load:0.95, Inflammation Score:-6, Nutrition Score:12.69608701312%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 111.92kcal (5.6%), Fat: 5.83g (8.97%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.03g (2.26%), Cholesterol: 21.41mg (7.14%), Sodium: 382.87mg (16.65%), Alcohol: 0.2g (100%), Alcohol %: 0.14% (100%), Protein: 9.36g (18.72%), Vitamin K: 66.14µg (62.99%), Vitamin C: 32.68mg (39.61%), Vitamin B6: 0.5mg (25.03%), Folate: 95.57µg (23.89%), Vitamin B3: 3.74mg (18.72%), Selenium: 11.06µg (15.8%), Potassium: 446mg (12.74%), Manganese: 0.25mg (12.6%), Phosphorus: 121.56mg (12.16%), Calcium: 94.38mg (9.44%), Vitamin A: 426.9IU (8.54%), Fiber: 1.9g (7.6%), Vitamin B2: 0.13mg (7.35%), Magnesium: 28.23mg (7.06%), Vitamin B5: 0.65mg (6.47%), Vitamin B1: 0.07mg (4.59%), Zinc: 0.66mg (4.42%), Copper: 0.09mg (4.26%), Iron: 0.73mg (4.06%), Vitamin E: 0.49mg (3.3%)