



Chicken Avocado Egg Rolls

 Dairy Free

READY IN



90 min.

SERVINGS



12

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 avocados sliced into 24 pieces
- 0.3 cup bamboo skewers sliced
- 2 tablespoons canola oil
- 4 cups canola oil
- 0.5 cup carrots shredded
- 0.3 cup celery finely chopped
- 2 cups chicken breast chopped
- 1 eggs mixed with 1 tablespoon milk

- 12 egg roll wrappers
- 1 tablespoon garlic minced
- 2 tablespoons ginger minced
- 1 cup cabbage green julienned
- 0.3 cup bell peppers red finely minced
- 0.5 cup onion red finely minced
- 0.3 cup soya sauce
- 12 servings chili sauce sweet jarred for dipping

Equipment

- bowl
- frying pan
- sauce pan
- wire rack

Directions

- Watch how to make this recipe.
- In a saute pan over high heat, add canola oil.
- Saute red onions and bell peppers until translucent.
- Add ginger, garlic, bamboo shoots, celery, chicken, and cook for 5 minutes over medium heat. Deglaze pan with soy sauce. Cool mixture.
- In large bowl combine cabbage, carrots and chicken mixture.
- In medium saucepan, heat rice bran oil to 350 degrees F. Oil needs to be deep enough to keep egg roll from touching bottom of pan.
- Add more oil, if needed.
- To roll egg rolls, layout egg roll skin with corner facing you, place approximately 1/12th of mixture on roll and place 2 pieces of avocado on top of mixture. Fold corner over mixture, and then fold outside corners over the mixture, making a roll, 4 to 5-inches wide.
- Roll firmly, being careful not to tear wrapper, and seal the final edge with egg wash.

Dredge the egg roll in egg wash, allow excess to drain off and submerge egg roll in oil. Fry until golden brown, about 3 to 4 minutes.

Drain on sheet tray lined with a cooling rack.

Nutrition Facts

PROTEIN 11.63% **FAT 70.21%** **CARBS 18.16%**

Properties

Glycemic Index:26.15, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:11.185652258603%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 289.17kcal (14.46%), Fat: 23.06g (35.47%), Saturated Fat: 4.05g (25.34%), Carbohydrates: 13.43g (4.48%), Net Carbohydrates: 10.31g (3.75%), Sugar: 1.76g (1.96%), Cholesterol: 30.81mg (10.27%), Sodium: 398.19mg (17.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.18%), Vitamin E: 6.01mg (40.04%), Vitamin A: 1081.97IU (21.64%), Vitamin B3: 4.22mg (21.09%), Selenium: 13.15µg (18.79%), Vitamin K: 18.29µg (17.42%), Vitamin B6: 0.34mg (17.04%), Vitamin C: 10.93mg (13.25%), Fiber: 3.11g (12.45%), Folate: 49.12µg (12.28%), Manganese: 0.21mg (10.47%), Phosphorus: 102.83mg (10.28%), Potassium: 339.71mg (9.71%), Vitamin B5: 0.96mg (9.59%), Vitamin B2: 0.15mg (9.11%), Vitamin B1: 0.12mg (8.33%), Magnesium: 24.59mg (6.15%), Copper: 0.11mg (5.71%), Iron: 1.01mg (5.59%), Zinc: 0.6mg (3.98%), Calcium: 22.73mg (2.27%), Vitamin B12: 0.09µg (1.42%)