



## Chicken Spring Rolls

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



603 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup bean sprouts
- 2 ounces bean thread noodles chopped
- 1 carrots grated
- 8 ounces chicken breast shredded cooked
- 2 tablespoons coriander chopped
- 1 eggs beaten
- 1 tablespoon garlic minced
- 0.5 tablespoon ginger grated

- 1 tablespoon hoisin sauce
- 2 cups napa cabbage shredded
- 1 tablespoon oyster sauce
- 1 package you will also need: parchment paper
- 2 tablespoons vegetable oil
- 4 servings vegetable oil for frying

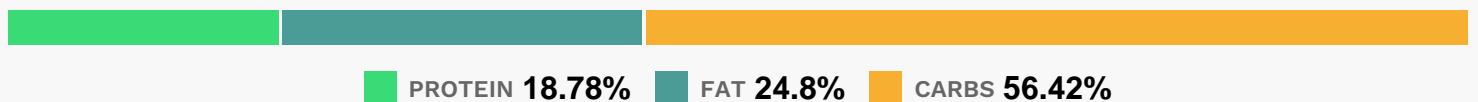
## Equipment

- frying pan
- paper towels
- wok

## Directions

- Heat oil in a skillet or wok over high heat.
- Add the garlic, ginger, cabbage, carrot, and bean sprouts. Cook for 2 minutes or until the cabbage is just limp.
- Add the noodles and chicken; continue to cook until heated through. Stir in the hoisin and oyster sauces, toss to coat the mixture. The filling should be moist but not wet.
- Remove from heat, and allow to cool. Toss in the chopped coriander.
- Lay a spring roll wrapper on a flat surface on an angle so it looks like a diamond. Spoon 2 tablespoons of the filling near the bottom corner of the wrapper and fold up to enclose the filling. Fold in the 2 sides. Paint the top seam of the wrapper with beaten egg. Continue rolling up to form a tight cylinder.
- Pour about 1-inch of oil in a skillet and heat to 350 degrees F. Fry the spring rolls for 2 minutes, turning to cook all sides.
- Drain on paper towels before serving.

## Nutrition Facts



## Properties

Glycemic Index:38.96, Glycemic Load:0.94, Inflammation Score:-9, Nutrition Score:25.276521651641%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 603.46kcal (30.17%), Fat: 16.4g (25.23%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 83.96g (27.99%), Net Carbohydrates: 80.56g (29.29%), Sugar: 2.96g (3.29%), Cholesterol: 93.69mg (31.23%), Sodium: 905.98mg (39.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Selenium: 51.05µg (72.93%), Vitamin B3: 11.14mg (55.71%), Vitamin A: 2783.55IU (55.67%), Vitamin B1: 0.69mg (45.72%), Manganese: 0.91mg (45.6%), Vitamin K: 40.97µg (39.02%), Folate: 147.76µg (36.94%), Vitamin B2: 0.62mg (36.47%), Iron: 5.34mg (29.67%), Phosphorus: 255.64mg (25.56%), Vitamin B6: 0.44mg (22.12%), Vitamin C: 13.62mg (16.51%), Copper: 0.28mg (13.95%), Zinc: 2.08mg (13.88%), Fiber: 3.4g (13.61%), Magnesium: 47.72mg (11.93%), Potassium: 417.18mg (11.92%), Calcium: 111.98mg (11.2%), Vitamin B5: 0.91mg (9.11%), Vitamin E: 1.1mg (7.32%), Vitamin B12: 0.3µg (5.05%), Vitamin D: 0.22µg (1.47%)