



Crispy Pork Spring Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



26

CALORIES



389 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce vermicelli
- ☐ 2.5 cups carrots grated (3 medium)
- ☐ 2 tablespoons sesame oil dark
- ☐ 1 tablespoon fish sauce
- ☐ 1 inch ginger fresh grated peeled
- ☐ 2 garlic clove chopped
- ☐ 1 pound ground pork lean
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 stalk lemon grass fresh peeled coarsely chopped
- ☐ 5 cups vegetable oil; peanut oil preferred
- ☐ 2 medium shallots peeled coarsely chopped
- ☐ 3.5 ounce mushroom caps
- ☐ 26 square you will also need: parchment paper frozen thawed
- ☐ 1 teaspoon chili paste depending on your taste pref (such as Huy Fong chile paste)

Equipment

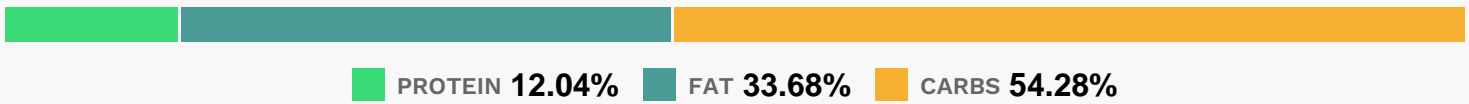
- ☐ food processor
- ☐ bowl
- ☐ paper towels
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ dutch oven
- ☐ kitchen scissors
- ☐ deep fryer

Directions

- ☐ Place peanut oil in a large Dutch oven or deep fryer. Clip a candy/frying thermometer to the side of pot; heat oil to 38
- ☐ Place noodles in a bowl, and pour enough boiling water over to cover by 1 inch.
- ☐ Let stand 20 minutes; drain well.
- ☐ Cut noodles with scissors into 1-inch pieces. Set aside.
- ☐ Combine shallots, garlic, and lemongrass in a food processor, and process until finely chopped.
- ☐ Add mushrooms; pulse until finely chopped.
- ☐ Add sesame oil and next 4 ingredients (through ginger); process until well combined.
- ☐ Combine noodles, mushroom mixture, carrot, and pork in a large bowl, stirring until well blended.

- ☐ Working with 1 spring roll pastry at a time (cover the remaining wrappers with a damp towel so they don't dry out), place the wrapper on a smooth work surface in a diamond pattern, with a corner edge pointing up and another pointing down.
- ☐ Place about 2 tablespoons pork mixture in the middle of pastry.
- ☐ Brush top point of pastry with water. Fold sides of pastry over filling; roll up jelly-roll fashion, starting from bottom. Gently press seam to seal. Repeat procedure with remaining pastry and filling to form 26 rolls.
- ☐ Working in batches, place 5 spring rolls in 385 oil; fry 7 minutes or until golden and crisp, turning as necessary. Make sure oil temperature does not drop below 37
- ☐ Remove rolls with a slotted spoon; drain on a rack over paper towels. Return oil to 38
- ☐ Repeat the procedure with remaining spring rolls and oil, making sure oil temperature does not drop below 37
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:0.55, Inflammation Score:-9, Nutrition Score:13.660434835955%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 389.32kcal (19.47%), Fat: 14.41g (22.18%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 52.27g (17.42%), Net Carbohydrates: 50.22g (18.26%), Sugar: 0.87g (0.97%), Cholesterol: 20.21mg (6.74%), Sodium: 604.36mg (26.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.19%), Vitamin A: 2069.84IU (41.4%), Selenium: 28.7µg (41.01%), Vitamin B1: 0.58mg (38.77%), Manganese: 0.61mg (30.67%), Vitamin B3: 5.67mg (28.36%), Vitamin B2: 0.38mg (22.34%), Folate: 78.32µg (19.58%), Iron: 3.17mg (17.62%), Phosphorus: 110.64mg (11.06%), Vitamin E: 1.4mg (9.36%), Fiber: 2.05g (8.19%), Copper: 0.15mg (7.49%), Zinc: 1.09mg (7.25%), Vitamin B6: 0.13mg (6.72%), Magnesium: 24.75mg (6.19%), Potassium: 186.22mg (5.32%), Calcium: 48.71mg (4.87%), Vitamin B5: 0.24mg (2.38%), Vitamin B12: 0.14µg (2.37%), Vitamin K: 1.85µg (1.76%), Vitamin C: 1.14mg (1.38%)