

Deluxe Egg Rolls

 Dairy Free

READY IN



65 min.

SERVINGS



20

CALORIES



292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium head bok choy shredded
- ☐ 0.8 cup carrots shredded
- ☐ 2 tablespoons ginger root fresh chopped
- ☐ 3 cloves garlic minced peeled
- ☐ 2 green onions finely chopped
- ☐ 0.5 pound pd of ground turkey
- ☐ 2 quarts oil for deep frying
- ☐ 2 teaspoons sesame oil

- ☐ 1 teaspoon soya sauce
- ☐ 24 ounce wonton wrappers

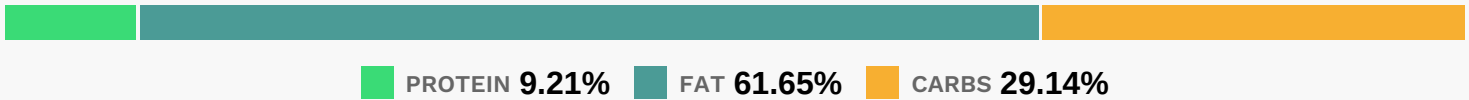
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Heat oil in a large, heavy saucepan or deep-fryer to 375 degrees F (190 degrees C).
- ☐ Place ground turkey, 1/2 the ginger root and approximately 1/2 the garlic in a large, deep skillet. Cook over medium high heat until evenly brown.
- ☐ Heat sesame oil in a wok over medium high heat. Stir in remaining ginger and garlic.
- ☐ Mix in bok choy, carrots, green onions and soy sauce. Cook and stir until vegetables are tender but crisp.
- ☐ Remove from heat.
- ☐ In a medium bowl, mix ground turkey and bok choy mixture.
- ☐ Fill a double thickness of wonton wrappers with approximately 1 tablespoon of the turkey and bok choy mixture. Fold wrappers over the filling, and moisten seam to seal. Repeat with remaining wrappers and filling.
- ☐ In small batches, deep fry the filled wontons until crisp and golden brown, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:6.94, Glycemic Load:0.23, Inflammation Score:-9, Nutrition Score:12.203913110754%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 291.77kcal (14.59%), Fat: 20.16g (31.02%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.23g (7.36%), Sugar: 0.77g (0.86%), Cholesterol: 9.3mg (3.1%), Sodium: 248.1mg (10.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.55%), Vitamin A: 2698.05IU (53.96%), Vitamin K: 35.79µg (34.08%), Vitamin C: 19.58mg (23.74%), Vitamin E: 3.4mg (22.69%), Selenium: 12.39µg (17.7%), Vitamin B3: 3.23mg (16.15%), Manganese: 0.3mg (15.2%), Folate: 59.71µg (14.93%), Vitamin B1: 0.21mg (13.7%), Vitamin B2: 0.17mg (10.28%), Vitamin B6: 0.2mg (10.18%), Iron: 1.62mg (8.99%), Phosphorus: 72.28mg (7.23%), Calcium: 63.86mg (6.39%), Potassium: 191.21mg (5.46%), Fiber: 1.22g (4.9%), Magnesium: 19.42mg (4.86%), Zinc: 0.55mg (3.64%), Copper: 0.07mg (3.59%), Vitamin B5: 0.16mg (1.64%), Vitamin B12: 0.06µg (1.08%)