



Easy Baked Spring Rolls

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 carrots cut into matchsticks
- 6 crimini mushrooms sliced
- 3 oz tofu
- 1 teaspoon garlic minced
- 2 teaspoons ginger minced
- 6 ounces napa cabbage shredded cored
- 8 ounces soup noodles whole wheat
- 0.3 bell pepper red thinly sliced

- 0.5 teaspoon seasoned rice vinegar
- 0.5 teaspoon sesame oil to taste (or)
- 1 tablespoon soya sauce to taste (or)
- 24 4-inch you will also need: parchment paper (I used 4× wrappers)
- 1 teaspoon water
- 0.5 teaspoon chili paste depending on your taste pref to taste (or other chili paste,)

Equipment

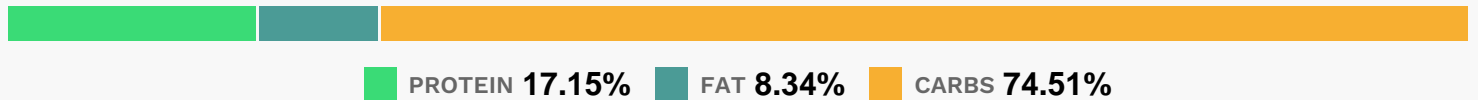
- bowl
- baking sheet
- paper towels
- baking paper
- oven

Directions

- Cut the cabbage in quarters lengthwise and cut out and discard the hard core. Slice two of the quarters thinly, and reserve the other two for another use.
- Cut the carrot into thin matchsticks about 1-inch long.
- Mix the cabbage with the carrot in a large bowl and stir in the sabal oelek (chili paste).
- Cut the tofu into 1/4-inch thick slices.
- Lay them out on a double-layer of paper towels. Top with another double layer of towels and gently press down on each slice with your hands to remove as much moisture as possible.
- Remove from paper towels and cut into tiny, 1/4-inch cubes.
- Place into a medium-sized bowl. In another bowl, combine the soy sauce, water, rice vinegar, and sesame oil.
- Pour over the tofu, stirring gently (I used my hands) to distribute the sauce without breaking up the tofu. Preheat oven to 375 F.
- Place one spring roll wrapper on your work surface with a corner toward you. (Keep the remaining wrappers covered to prevent them from drying out.)

- Place a heaping tablespoon of the cabbage mixture in the center and top it with a line of tofu cubes. Bring the bottom corner over the filling and the two sides in, forming an envelope-like packet. Moisten the top corner with a little water and roll up from the bottom, pressing the edge to seal.
- Place seam-side down on a baking sheet lined with a silicone mat or parchment paper. Repeat with remaining ingredients.
- Bake for 6–9 minutes. Turn over and bake for another 6–10 minutes or until golden brown.
- Serve with a sweet and sour dipping sauce such as Apricot Duck Sauce.

Nutrition Facts



Properties

Glycemic Index:46.31, Glycemic Load:12.03, Inflammation Score:-8, Nutrition Score:11.272174004627%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 184.71kcal (9.24%), Fat: 1.72g (2.64%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 34.49g (11.5%), Net Carbohydrates: 32.19g (11.71%), Sugar: 2.59g (2.88%), Cholesterol: 0.36mg (0.12%), Sodium: 204.56mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.87%), Selenium: 30.51µg (43.58%), Vitamin A: 1945.27IU (38.91%), Manganese: 0.5mg (24.98%), Vitamin C: 14.86mg (18.01%), Vitamin K: 13.84µg (13.18%), Copper: 0.24mg (11.92%), Phosphorus: 116.87mg (11.69%), Folate: 42.52µg (10.63%), Vitamin B3: 2.02mg (10.08%), Vitamin B2: 0.17mg (9.75%), Vitamin B6: 0.19mg (9.25%), Fiber: 2.29g (9.18%), Potassium: 300.32mg (8.58%), Magnesium: 29.81mg (7.45%), Vitamin B1: 0.1mg (6.52%), Iron: 1.1mg (6.13%), Zinc: 0.91mg (6.03%), Calcium: 58.41mg (5.84%), Vitamin B5: 0.55mg (5.53%), Vitamin E: 0.23mg (1.54%)