



Easy Egg Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz coleslaw mix shredded
- 16 oz egg roll wrappers
- 1.5 tablespoons ginger fresh grated
- 2 garlic cloves pressed
- 1 pound sausage meat hot
- 30 servings vegetable oil

Equipment

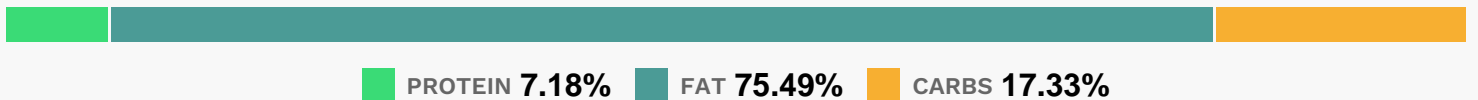
- frying pan

- baking sheet
- paper towels
- plastic wrap
- wok
- dutch oven

Directions

- Cook sausage in a large nonstick skillet over medium–high heat, stirring until it crumbles and is no longer pink.
- Drain excess grease, and pat dry with paper towels, if necessary. Return sausage to skillet. Stir in ginger and garlic; cook 1 minute.
- Add coleslaw mix, and cook, stirring occasionally, 3 minutes or until coleslaw mix is tender; let stand 30 minutes.
- Spoon 1/4 cup sausage mixture in center of each egg roll wrapper. Fold top corner of each wrapper over filling; fold left and right corners over filling. Lightly brush remaining corner with water; tightly roll filled end toward remaining corner, and gently press to seal.
- Pour vegetable oil to a depth of 2 inches into a wok or Dutch oven; heat to 37
- Fry, in batches, 2 to 3 minutes or until golden, turning once; drain on paper towels.
- Serve with dipping sauce, if desired.
- Note: Egg rolls can be assembled up to a day ahead.
- Place them in a single layer on a baking sheet, cover tightly with plastic wrap, and chill. Fry according to recipe instructions. Don't fry them ahead of time or fry and freeze. We weren't happy with the results.

Nutrition Facts



Properties

Glycemic Index:3.9, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:4.7313043578811%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 216.66kcal (10.83%), Fat: 18.25g (28.08%), Saturated Fat: 3.51g (21.93%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.91g (3.24%), Sugar: 0.31g (0.34%), Cholesterol: 12.25mg (4.08%), Sodium: 184.43mg (8.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Vitamin K: 32.99µg (31.42%), Vitamin B1: 0.13mg (8.42%), Vitamin E: 1.19mg (7.93%), Vitamin B3: 1.56mg (7.79%), Selenium: 4.32µg (6.18%), Manganese: 0.12mg (5.82%), Vitamin B2: 0.08mg (4.69%), Vitamin C: 3.64mg (4.42%), Folate: 17.26µg (4.32%), Iron: 0.73mg (4.05%), Phosphorus: 35.54mg (3.55%), Vitamin B6: 0.07mg (3.28%), Zinc: 0.46mg (3.04%), Vitamin B12: 0.13µg (2.19%), Fiber: 0.52g (2.08%), Potassium: 68.21mg (1.95%), Copper: 0.04mg (1.77%), Magnesium: 6.48mg (1.62%), Vitamin D: 0.2µg (1.31%), Vitamin B5: 0.13mg (1.27%), Calcium: 12.66mg (1.27%)