



Easy Phyllo Egg Rolls

 Dairy Free

READY IN



50 min.

SERVINGS



18

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 lb pd of ground turkey
- ☐ 4 cups coleslaw mix (from 1-lb bag)
- ☐ 3 tablespoons soya sauce
- ☐ 1 teaspoon ginger grated
- ☐ 0.5 teaspoon five-spice powder
- ☐ 0.3 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 18 sheets dough frozen thawed () (18x14 inches)

☐ 1 serving pam original flavor shopping list

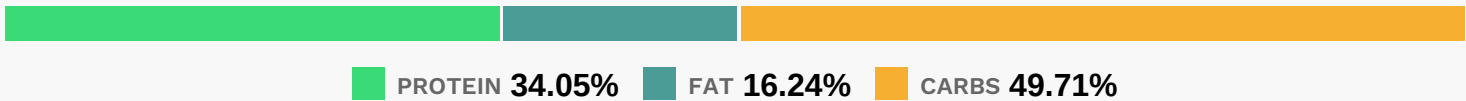
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Heat oven to 350°F. In 10-inch skillet, cook turkey over medium-high heat, stirring occasionally, until no longer pink; drain. Stir in remaining ingredients except phyllo and cooking spray. Cook 2 to 3 minutes, stirring occasionally, until coleslaw mix is wilted.
- ☐ Cover phyllo sheets with plastic wrap, then with damp towel to keep them from drying out.
- ☐ Place 1 phyllo sheet on cutting board; spray with cooking spray. Repeat with 2 more phyllo sheets to make stack of 3 sheets.
- ☐ Cut stack of phyllo crosswise into thirds to make 3 rectangles, about 14x6 inches.
- ☐ Place 1/4 cup turkey mixture on short end of each rectangle; roll up, folding in edges of phyllo.
- ☐ Place roll, seam side down, on ungreased cookie sheet. Repeat with remaining phyllo and turkey mixture. Spray rolls with cooking spray.
- ☐ Bake 15 to 20
- ☐ minutes or until light golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:9.39, Glycemic Load:3.99, Inflammation Score:-2, Nutrition Score:5.6165217472159%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 92.64kcal (4.63%), Fat: 1.66g (2.56%), Saturated Fat: 0.41g (2.56%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.64g (3.87%), Sugar: 0.68g (0.76%), Cholesterol: 13.86mg (4.62%), Sodium: 275.17mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Vitamin B3: 3.38mg (16.9%), Selenium: 10.13µg (14.47%), Vitamin B6: 0.25mg (12.7%), Vitamin K: 12.31µg (11.73%), Vitamin B1: 0.13mg (8.76%), Phosphorus: 80.59mg (8.06%), Vitamin C: 5.97mg (7.23%), Manganese: 0.14mg (7.03%), Folate: 26.41µg (6.6%), Vitamin B2: 0.1mg (6.06%), Iron: 0.96mg (5.33%), Zinc: 0.59mg (3.9%), Potassium: 126.25mg (3.61%), Magnesium: 13.58mg (3.39%), Vitamin B5: 0.33mg (3.28%), Fiber: 0.82g (3.28%), Copper: 0.04mg (2.15%), Vitamin B12: 0.13µg (2.14%), Calcium: 10.8mg (1.08%)