

# Effortless Egg Rolls

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



261 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 pound sausage meat
- 10 egg roll wrappers
- 10 servings cooking oil for deep-fat frying
- 1 tablespoon teriyaki sauce
- 2.5 cups savory vegetable frozen thawed chopped

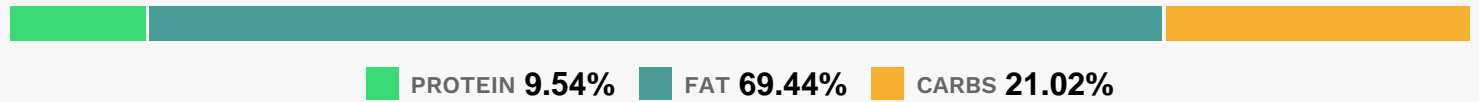
## Equipment

- frying pan
- paper towels

## Directions

- In a large skillet, cook sausage and vegetables over medium heat until meat is no longer pink; drain. Stir in teriyaki sauce.
- Place 3 tablespoons of sausage mixture in the center of one egg roll wrapper. (Keep remaining wrappers covered with a damp paper towel until ready to use.) Fold bottom corner over filling. Fold sides toward center over filling. Moisten remaining corner with water; roll up tightly to seal. Repeat.
- In an electric skillet, heat 1 in. of oil to 375°. Fry egg rolls in batches for 3–4 minutes on each side or until golden brown.
- Drain on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:7.3, Glycemic Load:1.94, Inflammation Score:-9, Nutrition Score:8.1256522406702%

## Nutrients (% of daily need)

Calories: 261.26kcal (13.06%), Fat: 20.45g (31.46%), Saturated Fat: 3.1g (19.4%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 11.88g (4.32%), Sugar: 0.25g (0.28%), Cholesterol: 17.5mg (5.83%), Sodium: 308.93mg (13.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Vitamin A: 2329.32IU (46.59%), Vitamin E: 2.49mg (16.62%), Vitamin B1: 0.19mg (12.39%), Vitamin B3: 2.36mg (11.82%), Manganese: 0.2mg (9.75%), Vitamin K: 10.07µg (9.59%), Fiber: 2.06g (8.22%), Phosphorus: 70.76mg (7.08%), Vitamin B2: 0.12mg (6.87%), Iron: 1.15mg (6.4%), Folate: 24.75µg (6.19%), Vitamin B6: 0.12mg (5.94%), Vitamin C: 4.89mg (5.93%), Selenium: 3.87µg (5.53%), Zinc: 0.79mg (5.27%), Potassium: 167.42mg (4.78%), Magnesium: 17.79mg (4.45%), Copper: 0.08mg (3.91%), Vitamin B12: 0.2µg (3.26%), Vitamin B5: 0.23mg (2.33%), Calcium: 19.98mg (2%), Vitamin D: 0.29µg (1.97%)