

Egg Roll Wrappers

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 eggs beaten
- 0.9 cup flour all-purpose
- 2 tablespoons vegetable oil; peanut oil preferred
- 0.3 teaspoon salt
- 0.8 cup water cold

Equipment

- bowl
- paper towels

whisk

wok

Directions

In a medium bowl, whisk together egg, cold water and salt.

Mix in all-purpose flour 1/3 at a time. Allow the mixture to stand 15 minutes at room temperature.

Heat a wok over high heat.

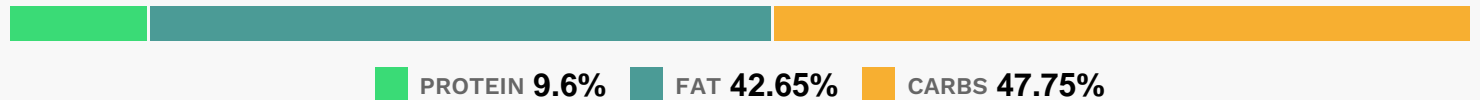
Remove from heat and thinly coat with 1 tablespoon peanut oil. Reduce heat to low. While wok is still warm, pour 1/4 of the egg mixture in an approximately 8 inch circle. Rotate wok quickly to spread an even layer of batter. Cook over low heat 45 seconds to 1 minute, until bottom is golden brown and edges begin to curl. Carefully remove from heat and place on a paper towel, golden brown side down.

Repeat the wok procedure with remaining batter, 1/4 at a time. Rub wok with remaining tablespoon of peanut oil after the second wrapper has been made.

Allow the wrappers to cool completely.

Cut wrappers in half to use for egg rolls.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:7.55, Inflammation Score:-1, Nutrition Score:2.5573912969102%

Nutrients (% of daily need)

Calories: 88.57kcal (4.43%), Fat: 4.16g (6.4%), Saturated Fat: 0.78g (4.91%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 10.1g (3.67%), Sugar: 0.06g (0.06%), Cholesterol: 20.46mg (6.82%), Sodium: 81.86mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.11g (4.21%), Selenium: 6.32µg (9.03%), Vitamin B1: 0.11mg (7.3%), Folate: 27.6µg (6.9%), Vitamin B2: 0.09mg (5.45%), Manganese: 0.09mg (4.75%), Vitamin E: 0.62mg (4.1%), Iron: 0.73mg (4.07%), Vitamin B3: 0.81mg (4.06%), Phosphorus: 25.66mg (2.57%), Fiber: 0.37g (1.48%), Vitamin B5: 0.14mg (1.44%), Copper: 0.03mg (1.36%), Zinc: 0.17mg (1.13%)