

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

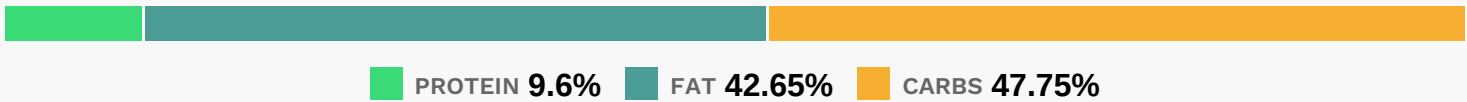
- ☐ bowl
- ☐ paper towels

- ☐ 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%)