



Egg Rolls

 Dairy Free

READY IN

ready

60 min.

SERVINGS

servings

12

CALORIES

calories

266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bean sprouts
- ☐ 1 medium head cabbage shredded finely
- ☐ 3 stalks celery chopped
- ☐ 2 cloves garlic minced
- ☐ 2 green onions
- ☐ 1 pound ground beef lean
- ☐ 3 tablespoons oyster sauce
- ☐ 1 pound shrimp deveined peeled coarsely chopped

- ☐ 5 tablespoons soya sauce
- ☐ 1 cup vegetable oil
- ☐ 16 ounce wonton wrappers

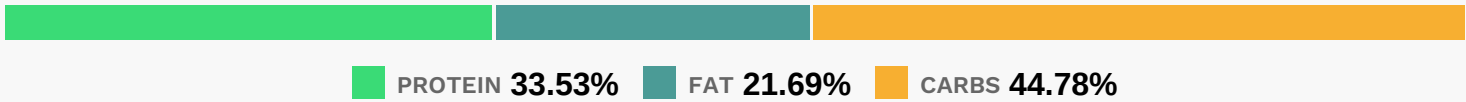
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Place cabbage, bean sprouts, celery, and green onions in a large wok and stir fry over a high heat until vegetables cook down (add a little water if necessary).
- ☐ Mix in shrimp, stir fry until cooked.
- ☐ In a large skillet, brown ground meat.
- ☐ Drain grease and add the meat to the vegetable and shrimp mixture. Continue to fry over a high heat; add oyster sauce, soy sauce, garlic, and MSG. When well blended, remove mixture from heat.
- ☐ Place a tablespoon of the meat and seafood mixture (or more, depending on how large your wonton skins are) into the center of each wonton skin. Fold the wonton skin over to make a package of the meat mixture inside, and seal the skin closed by dipping your finger in a little water and pressing the ends together.
- ☐ Fry the wontons in 1/4 inch of vegetable oil until golden brown.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:1.27, Inflammation Score:-5, Nutrition Score:18.799565087194%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin:

0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 265.87kcal (13.29%), Fat: 6.47g (9.95%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 30.04g (10.01%), Net Carbohydrates: 26.49g (9.63%), Sugar: 4.3g (4.77%), Cholesterol: 87.69mg (29.23%), Sodium: 852.23mg (37.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.5g (45%), Vitamin K: 83.85µg (79.86%), Vitamin C: 33.53mg (40.64%), Selenium: 18.07µg (25.82%), Manganese: 0.51mg (25.56%), Vitamin B3: 5mg (24.98%), Folate: 96.91µg (24.23%), Phosphorus: 241.08mg (24.11%), Zinc: 3.05mg (20.35%), Vitamin B1: 0.3mg (19.91%), Iron: 3.31mg (18.4%), Vitamin B2: 0.31mg (17.98%), Copper: 0.33mg (16.61%), Vitamin B6: 0.32mg (15.86%), Vitamin B12: 0.87µg (14.55%), Potassium: 498.38mg (14.24%), Fiber: 3.55g (14.19%), Magnesium: 50.93mg (12.73%), Calcium: 89.82mg (8.98%), Vitamin B5: 0.61mg (6.14%), Vitamin E: 0.59mg (3.95%), Vitamin A: 152.27IU (3.05%)