



Egg Rolls

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce coleslaw mix
- ☐ 16 ounce egg roll wrappers
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 2 garlic cloves pressed
- ☐ 1 cup goat meat cooked finely chopped
- ☐ 1 teaspoon seasoned pepper
- ☐ 0.5 teaspoon salt
- ☐ 20 servings vegetable oil

☐ 20 servings water

Equipment

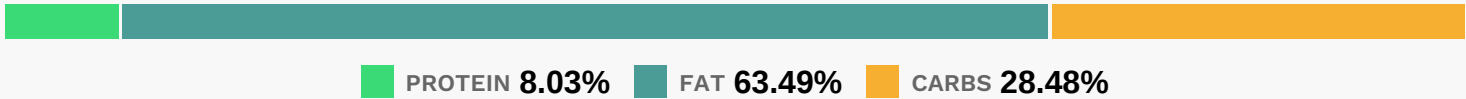
☐ paper towels

☐ dutch oven

Directions

- ☐ Stir together coleslaw mix; meat, poultry, or shrimp; ginger; pressed garlic; pepper; and salt.
- ☐ Brush water around outer edge of each egg roll wrapper. Spoon 1/3 cup filling mixture in center of each wrapper. Fold bottom corner over filling, tucking tip of corner under filling; fold left and right corners over filling. Tightly roll filled end toward remaining corner; gently press to seal.
- ☐ Pour oil to a depth of 3 inches in a Dutch oven; heat to 37
- ☐ Fry egg rolls, in batches, 3 to 4 minutes or until golden brown; drain on paper towels.
- ☐ Serve immediately with desired condiments.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:6.5265217224217%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 205.1kcal (10.25%), Fat: 14.57g (22.41%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 14.7g (4.9%), Net Carbohydrates: 13.69g (4.98%), Sugar: 0.74g (0.82%), Cholesterol: 6.84mg (2.28%), Sodium: 212.62mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Vitamin K: 43.17µg (41.11%), Selenium: 8.91µg (12.74%), Vitamin B3: 2.07mg (10.36%), Vitamin C: 8.51mg (10.32%), Manganese: 0.2mg (10.06%), Vitamin B1: 0.14mg (9.15%), Vitamin E: 1.2mg (7.97%), Folate: 29.64µg (7.41%), Vitamin B2: 0.1mg (6.06%), Iron: 0.92mg (5.1%), Vitamin B6: 0.1mg (4.8%), Phosphorus: 40.81mg (4.08%), Fiber: 1.02g (4.07%), Copper: 0.08mg (4.05%),

Magnesium: 12.05mg (3.01%), Calcium: 28.31mg (2.83%), Potassium: 89.63mg (2.56%), Zinc: 0.28mg (1.84%),
Vitamin B5: 0.16mg (1.65%)