



Fried Bones

READY IN



45 min.

SERVINGS



12

CALORIES



241 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce egg roll wrappers
- ☐ 12 servings oil for deep frying
- ☐ 8 ounce pepperoni sliced
- ☐ 8 ounce pizza sauce canned
- ☐ 1 doz. pieces string cheese

Equipment

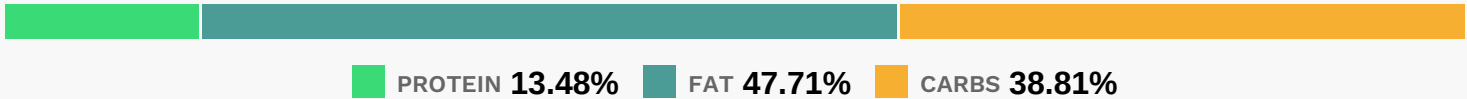
- ☐ paper towels
- ☐ slotted spoon

☐ deep fryer

Directions

- ☐ Lay out egg roll wrappers on a counter. Top each wrapper with a piece of string cheese, 2 tablespoons pizza sauce and 4 pepperoni slices.
- ☐ Roll up, tucking in the sides as you roll. In a deep fryer over high heat, heat several inches of oil to 375 degrees.
- ☐ Add egg rolls, a few at a time. Cook for 2 to 3 minutes, or until golden.
- ☐ Remove with a slotted spoon.
- ☐ Drain on paper towels; let cool before serving.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:0.39, Inflammation Score:-2, Nutrition Score:7.0421738106271%

Nutrients (% of daily need)

Calories: 241.21kcal (12.06%), Fat: 12.67g (19.5%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 22.23g (8.08%), Sugar: 0.67g (0.75%), Cholesterol: 22.99mg (7.66%), Sodium: 622.75mg (27.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Selenium: 16.25µg (23.22%), Manganese: 0.37mg (18.69%), Vitamin B1: 0.25mg (16.8%), Vitamin B3: 3.18mg (15.9%), Vitamin B2: 0.2mg (11.98%), Iron: 1.7mg (9.46%), Folate: 35.15µg (8.79%), Phosphorus: 65.58mg (6.56%), Vitamin E: 0.96mg (6.38%), Zinc: 0.77mg (5.14%), Vitamin B6: 0.1mg (4.91%), Copper: 0.09mg (4.72%), Vitamin B12: 0.25µg (4.22%), Potassium: 138.91mg (3.97%), Fiber: 0.96g (3.86%), Vitamin K: 3.62µg (3.45%), Magnesium: 13.8mg (3.45%), Vitamin B5: 0.29mg (2.91%), Calcium: 25.66mg (2.57%), Vitamin A: 87.45IU (1.75%), Vitamin D: 0.25µg (1.64%), Vitamin C: 1.32mg (1.6%)