



Goat Cheese Spring Rolls with Asian Pear Salad

READY IN



45 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups matchstick-cut carrots
- 1 tablespoon chile sauce sweet red
- 8 egg roll wrappers
- 1.5 tablespoons cilantro leaves fresh chopped
- 2 ounces goat cheese crumbled
- 1.5 cups green onions chopped
- 1 tablespoon soya sauce low-sodium
- 1 tablespoon maple syrup

- 2 cups asian pear ripe sliced
- 0.3 cup bell pepper red chopped
- 1.5 cups bell pepper red cut into (1/4-inch) strips
- 0.3 cup onion red chopped
- 1.5 cups onion red vertically sliced
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1.5 cups shiitake mushroom caps thinly sliced

Equipment

- frying pan
- baking sheet
- oven

Directions

- To prepare salad, combine first six ingredients.
- Preheat oven to 42
- To prepare spring rolls, heat oil in a large nonstick skillet over medium-high heat.
- Add carrots, 1 1/2 cups red onion, green onions, mushroom, and 1 1/2 cups red bell pepper; saut 3 minutes or until slightly tender.
- Remove from heat; stir in soy sauce and chile sauce. Cool 5 minutes. Stir in cheese.
- Working with 1 egg roll wrapper at a time (cover remaining wrappers to prevent drying), spoon about 1/3 cup vegetable mixture into center of each wrapper. Fold lower right corner over vegetable mixture; fold lower left and top right corners over vegetable mixture. Moisten top left corner with water; roll up jelly-roll fashion. Coat spring rolls with cooking spray; place rolls, seam sides down, on a baking sheet.
- Bake at 425 for 18 minutes or until golden brown, turning rolls over halfway through baking time.
- Cut rolls crosswise at an angle; serve immediately with salad.

Nutrition Facts

PROTEIN 12.28% FAT 21.31% CARBS 66.41%

Properties

Glycemic Index:42.16, Glycemic Load:4.4, Inflammation Score:-10, Nutrition Score:17.368695856436%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg, Isorhamnetin: 1.87mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg, Quercetin: 9.56mg

Nutrients (% of daily need)

Calories: 157.33kcal (7.87%), Fat: 3.91g (6.01%), Saturated Fat: 1.37g (8.57%), Carbohydrates: 27.4g (9.13%), Net Carbohydrates: 22.3g (8.11%), Sugar: 11.31g (12.56%), Cholesterol: 4.43mg (1.48%), Sodium: 305.82mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin A: 4607.9IU (92.16%), Vitamin C: 50.21mg (60.86%), Vitamin K: 45.17µg (43.02%), Manganese: 0.42mg (21.16%), Fiber: 5.11g (20.43%), Vitamin B6: 0.33mg (16.71%), Vitamin B2: 0.28mg (16.23%), Folate: 61.41µg (15.35%), Vitamin B3: 3.06mg (15.3%), Potassium: 429.65mg (12.28%), Phosphorus: 116.76mg (11.68%), Copper: 0.22mg (11.22%), Selenium: 6.89µg (9.84%), Vitamin B5: 0.97mg (9.7%), Vitamin B1: 0.14mg (9.16%), Iron: 1.55mg (8.64%), Magnesium: 30.55mg (7.64%), Zinc: 0.92mg (6.15%), Calcium: 55.63mg (5.56%), Vitamin E: 0.72mg (4.8%), Vitamin D: 0.2µg (1.32%)