



Golden Sausage Egg Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 32 ounce coleslaw mix shredded
- ☐ 24 egg roll wrappers
- ☐ 3 tablespoons ginger fresh minced
- ☐ 3 tablespoons garlic minced
- ☐ 1 tablespoon pepper
- ☐ 16 ounce jimmy dean extra mild pork sausage
- ☐ 1 teaspoon salt
- ☐ 24 servings condiments: sweet-and-sour sauce

☐ 24 servings vegetable oil

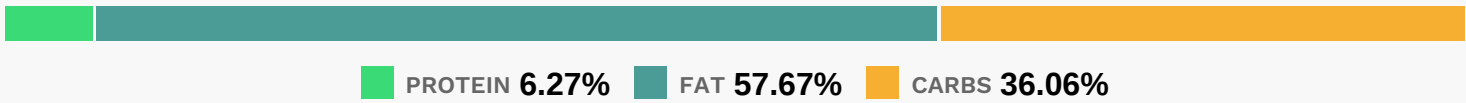
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Cook sausage in a large skillet over medium-high heat about 10 minutes, stirring until sausage crumbles and is no longer pink. Spoon sausage into a colander, and let drain. Cool sausage 15 minutes.
- ☐ Stir together sausage, coleslaw mix, and next 4 ingredients.
- ☐ Brush water around outer edge of each egg roll wrapper. Spoon 1/3 cup sausage mixture in center of each egg roll 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 depth of 3 inches in a Dutch oven; heat to 37
- ☐ Fry egg rolls, in 8 batches, 3 to 4 minutes or until golden brown; drain on paper towels.
- ☐ Serve immediately with desired condiments.

Nutrition Facts



Properties

Glycemic Index:6.21, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:7.2930435097736%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 303.31kcal (15.17%), Fat: 19.27g (29.64%), Saturated Fat: 3.85g (24.07%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 25.83g (9.39%), Sugar: 14.44g (16.04%), Cholesterol: 14.78mg (4.93%), Sodium: 622.59mg (27.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.43%), Vitamin K: 54.98µg (52.36%), Vitamin C: 14.32mg (17.36%), Manganese: 0.2mg (9.76%), Vitamin B1: 0.14mg (9.67%), Vitamin B3: 1.7mg (8.49%), Vitamin E: 1.24mg (8.29%), Folate: 27.79µg (6.95%), Vitamin B6: 0.12mg (6.16%), Selenium: 3.94µg (5.63%), Vitamin B2: 0.09mg (5.24%), Fiber: 1.28g (5.12%), Iron: 0.87mg (4.86%), Phosphorus: 48.09mg (4.81%), Zinc: 0.59mg (3.92%), Potassium: 132.77mg (3.79%), Vitamin B12: 0.16µg (2.72%), Magnesium: 10.84mg (2.71%), Calcium: 26.05mg (2.6%), Copper: 0.05mg (2.36%), Vitamin B5: 0.22mg (2.21%), Vitamin D: 0.25µg (1.64%), Vitamin A: 54.5IU (1.09%)