



Italian Egg Rolls

READY IN



45 min.

SERVINGS



8

CALORIES



559 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14 oz egg roll wrappers
- ☐ 20 oz pkt spinach frozen thawed drained
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 teaspoons oil
- ☐ 8 servings olive oil for deep frying
- ☐ 0.5 cup onion chopped
- ☐ 0.5 cup parmesan cheese grated
- ☐ 8 servings garnish: pizza sauce warmed

- ☐ 1 pound pork sausage sweet italian hot
- ☐ 3 cups mozzarella cheese shredded

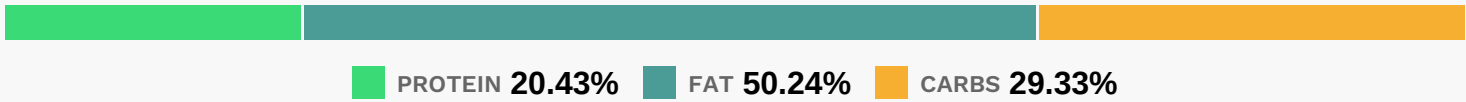
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ deep fryer

Directions

- ☐ In a skillet over medium heat, saut onion and green pepper in oil.
- ☐ Remove to a medium bowl and set aside. Brown sausage in skillet; drain and combine with onion mixture.
- ☐ Add spinach, cheeses and garlic powder; mix well. Top each egg roll wrapper with 3 tablespoons of mixture; roll up, following directions on egg roll package.
- ☐ Heat 3 to 4 inches oil in a deep fryer.
- ☐ Add egg rolls a few at a time, frying until golden.
- ☐ Drain on paper towels.
- ☐ Serve warm with pizza sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:2.59, Inflammation Score:-10, Nutrition Score:34.055217328279%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 559.08kcal (27.95%), Fat: 31.52g (48.5%), Saturated Fat: 12.16g (76%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 36.28g (13.19%), Sugar: 5.91g (6.57%), Cholesterol: 83.91mg (27.97%), Sodium: 1651.04mg (71.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.84g (57.69%), Vitamin K: 271.51µg (258.58%), Vitamin A: 9263.2IU (185.26%), Manganese: 0.99mg (49.67%), Folate: 163.26µg (40.81%), Calcium: 407.76mg (40.78%), Selenium: 28.4µg (40.57%), Phosphorus: 378.38mg (37.84%), Vitamin B2: 0.64mg (37.71%), Vitamin B1: 0.53mg (35.63%), Vitamin B3: 7.04mg (35.19%), Vitamin E: 4.65mg (31.03%), Iron: 5.1mg (28.35%), Vitamin C: 21.1mg (25.58%), Vitamin B12: 1.53µg (25.56%), Magnesium: 102.05mg (25.51%), Zinc: 3.78mg (25.2%), Potassium: 866.93mg (24.77%), Vitamin B6: 0.49mg (24.34%), Fiber: 5.13g (20.52%), Copper: 0.37mg (18.57%), Vitamin B5: 0.94mg (9.4%), Vitamin D: 0.94µg (6.24%)