



## Lumpia - Filipino Shrimp and Pork Egg Rolls



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



75

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup carrots grated
- ☐ 1 egg white beaten
- ☐ 0.3 cup green onions finely chopped
- ☐ 1 pound ground pork
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup shrimp raw finely chopped
- ☐ 1 teaspoon salt

- ☐ 3 tablespoons soya sauce
- ☐ 16 ounce you will also need: parchment paper
- ☐ 1 quart vegetable oil for frying

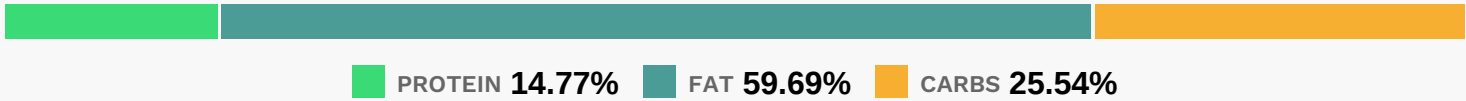
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ deep fryer

## Directions

- ☐ Mix the ground pork, shrimp, onion, carrots, green onions, soy sauce, salt, pepper, and MSG in a bowl until well combined.
- ☐ Pull a wrapper off the stack, and cover the remaining wrappers with a damp cloth.
- ☐ Place the wrapper on a work surface.
- ☐ Place a thin line, about the width of your little finger, across one side of the wrapper, 1/2 inch from the edge of the wrapper.
- ☐ Roll the wrapper tightly around the filling, and seal the edges with egg white. Repeat making rolls with the remaining wrappers and filling, and cut the rolls into thirds.
- ☐ Heat the oil in a heavy pan or deep fryer to 375 degrees F (190 degrees C). Deep-fry 3 or 4 lumpia at a time, turning once, until the rolls float and turn golden brown, about 3 minutes.
- ☐ Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:2.04, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:1.9504347853363%

## Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

**Nutrients (% of daily need)**

Calories: 59.61kcal (2.98%), Fat: 3.93g (6.05%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.62g (1.32%), Sugar: 0.11g (0.12%), Cholesterol: 8.87mg (2.96%), Sodium: 128.41mg (5.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Selenium: 4.22µg (6.03%), Vitamin K: 5.48µg (5.22%), Vitamin B1: 0.08mg (5.2%), Vitamin B3: 0.69mg (3.43%), Vitamin A: 152.92IU (3.06%), Phosphorus: 24.93mg (2.49%), Vitamin B2: 0.04mg (2.44%), Manganese: 0.05mg (2.43%), Folate: 6.83µg (1.71%), Vitamin B6: 0.03mg (1.71%), Vitamin E: 0.26mg (1.71%), Iron: 0.29mg (1.62%), Zinc: 0.22mg (1.43%), Vitamin B12: 0.08µg (1.32%)