

Lumpia Rolls



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



23 kcal

Ingredients

- ☐ 0.5 cup bamboo skewers fresh canned drained sliced
- ☐ 2 teaspoons pepper black
- ☐ 0.5 cup carrots shredded grated
- ☐ 3 tablespoons regular corn neutral
- ☐ 2 garlic clove minced
- ☐ 0.5 cup napa cabbage shredded
- ☐ 8 romaine leaves
- ☐ 2 teaspoons salt
- ☐ 2 shallots minced

- ☐ 2 teaspoons rice wine dry
- ☐ 1 pound frangelico minced
- ☐ 1 pound frangelico minced

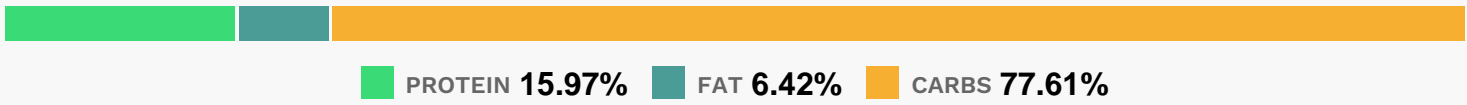
Equipment

- ☐ frying pan

Directions

- ☐ Put the oil in a large skillet and turn the heat to medium. A minute later, add the garlic and shallots and cook, stirring occasionally, until fragrant, 15 to 30 seconds.
- ☐ Add the pork and cook, breaking up any lumps and stirring occasionally, until the meat loses its pinkness, about 3 minutes.
- ☐ Add the vegetables and cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Add the salt, pepper, and wine and remove from the heat.
- ☐ Lay a lumpia wrapper flat on a work surface and place a piece of the lettuce on top. Line 2 heaping tablespoons of stir-fry mixture on top of the lettuce. Fold in the sides and roll tightly, sealing the seam. If necessary, with a few drops of water spread with a brush or your fingertip.
- ☐ Serve with either or both of the sauces.
- ☐ Reprinted with permission from The Best Recipes in the Worldby Mark Bittman, (C) 2005 Broadway Press.

Nutrition Facts



Properties

Glycemic Index:32.29, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:5.4973913457083%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 23.3kcal (1.17%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 3.66g (1.33%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 595.76mg (25.9%), Alcohol: 0.2g (100%), Alcohol %: 0.41% (100%), Protein: 0.99g (1.97%), Vitamin A: 3147.4IU (62.95%), Manganese: 0.21mg (10.63%), Vitamin C: 7.22mg (8.75%), Vitamin B6: 0.1mg (4.95%), Folate: 18.18µg (4.55%), Fiber: 1.13g (4.51%), Potassium: 134.06mg (3.83%), Vitamin K: 4µg (3.81%), Vitamin B1: 0.04mg (2.97%), Iron: 0.45mg (2.51%), Phosphorus: 23.53mg (2.35%), Vitamin B2: 0.04mg (2.33%), Magnesium: 8.96mg (2.24%), Calcium: 22.17mg (2.22%), Copper: 0.03mg (1.69%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.22mg (1.43%), Vitamin E: 0.2mg (1.35%), Vitamin B5: 0.11mg (1.09%)