



 2%  
HEALTH SCORE

## Mini Egg Rolls

 Dairy Free

READY IN



30 min.

SERVINGS



25

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 oz bean sprouts
- 12 square egg roll wrappers frozen thawed
- 2 Tbsp ginger fresh finely chopped
- 1 clove garlic minced
- 25 servings salt and pepper
- 2 spring onion white thinly sliced
- 10 oz coleslaw mix loosely packed
- 2 tablespoons vegetable oil

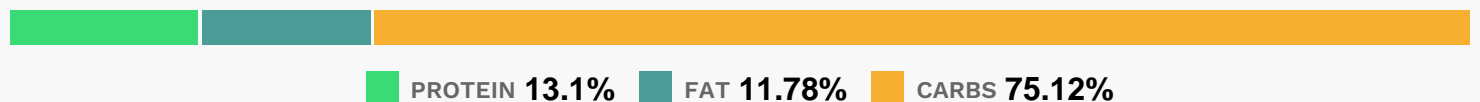
## Equipment

- bowl
- frying pan
- paper towels
- slotted spoon
- tongs
- pastry brush

## Directions

- Warm 2 Tbsp. oil in a large skillet over medium-high heat.
- Add garlic, ginger and scallions. Saut until fragrant but not browned, about 1 minute.
- Add slaw mix and bean sprouts and saut until wilted, about 5 minutes. Season with salt and pepper.
- Let cool completely.
- Cut egg roll wrappers in half. Have ready a small bowl of cold water and a pastry brush. Working with wrappers one at a time, lay each out so short side of rectangle faces you.
- Place about 1 Tbsp. filling toward bottom of wrapper. Pull bottom of wrapper over filling, then fold side corners over filling and roll up tightly, like a burrito.
- Brush far edge with cold water before closing. Continue with remaining wrappers and filling.
- Heat 2 cups oil in a large skillet to 350F. Put a few egg rolls in skillet (don't allow them to touch) and cook, turning over once or twice with tongs, until golden brown, 4 to 5 minutes.
- Remove with a slotted spoon and drain on paper towels. Allow to cool slightly before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.84, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:5.6930435021286%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## **Nutrients (% of daily need)**

Calories: 133.48kcal (6.67%), Fat: 1.73g (2.66%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 24.76g (8.25%), Net Carbohydrates: 23.62g (8.59%), Sugar: 0.58g (0.65%), Cholesterol: 3.67mg (1.22%), Sodium: 429.73mg (18.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.63%), Selenium: 11.59µg (16.56%), Vitamin B1: 0.22mg (14.89%), Manganese: 0.29mg (14.62%), Vitamin K: 14.11µg (13.43%), Vitamin B3: 2.28mg (11.42%), Folate: 43.41µg (10.85%), Vitamin B2: 0.17mg (9.73%), Iron: 1.49mg (8.26%), Vitamin C: 4.99mg (6.05%), Fiber: 1.14g (4.55%), Phosphorus: 39.17mg (3.92%), Copper: 0.07mg (3.61%), Magnesium: 10.94mg (2.74%), Calcium: 25.42mg (2.54%), Zinc: 0.34mg (2.24%), Potassium: 64.99mg (1.86%), Vitamin B6: 0.03mg (1.66%)