



## Mom's Egg Rolls with Sweet and Sour Sauce

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



10

CALORIES



471 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 serving sauce sweet sour
- 0.8 cup sugar
- 0.3 cup catsup
- 0.7 cup water
- 1 tablespoon soya sauce
- 0.3 teaspoon salt
- 0.5 cup vinegar
- 3.5 tablespoons cornstarch

- 0.3 cup water
- 1 lb ground beef
- 0.5 cup onion white chopped
- 3 spring onion chopped
- 16 oz coleslaw mix
- 1 serving soya sauce
- 1 lb wonton skins
- 1 serving vegetable oil

## Equipment

- bowl
- frying pan
- sauce pan

## Directions

- To make sweet and sour sauce, in 1-quart saucepan, mix sugar, ketchup, 2/3 cup water, 1 tablespoon soy sauce and the salt. Cook 5 minutes. Stir in vinegar.
- In small bowl, mix cornstarch and 1/3 cup cold water.
- Add to sauce; cook until thickened.
- To make egg rolls, in 12-inch skillet, cook ground beef, onion and green onions until beef is thoroughly cooked.
- Drain off excess fat.
- Stir in coleslaw mix.
- Add soy sauce by pouring around top of mixture about 2 times. Taste and check saltiness; you can always add more. Cook until thoroughly heated.
- While cabbage mixture is cooking, place egg roll skins on large work surface. Spoon 1 serving spoon-size of beef mixture on center of each skin. For each egg roll, bring up bottom corner; fold in side corners and roll up. Bring down top corner; wet with small amount of water to stick.
- In small skillet, heat oil. When oil is hot, fry egg rolls until crispy. Shake off excess oil.

# Nutrition Facts

PROTEIN 31.69% FAT 47.95% CARBS 20.36%

## Properties

Glycemic Index:25.31, Glycemic Load:11.38, Inflammation Score:-2, Nutrition Score:9.013478178045%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

## Nutrients (% of daily need)

Calories: 471.11kcal (23.56%), Fat: 24.65g (37.93%), Saturated Fat: 8.71g (54.41%), Carbohydrates: 23.56g (7.85%), Net Carbohydrates: 22.12g (8.04%), Sugar: 18.64g (20.71%), Cholesterol: 75.3mg (25.1%), Sodium: 1207.99mg (52.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.66g (73.32%), Vitamin K: 45.59µg (43.42%), Vitamin C: 18.47mg (22.39%), Vitamin B12: 0.97µg (16.18%), Zinc: 2.04mg (13.61%), Vitamin B6: 0.23mg (11.72%), Vitamin B3: 2.31mg (11.54%), Selenium: 7.32µg (10.46%), Iron: 1.71mg (9.5%), Phosphorus: 94.75mg (9.47%), Potassium: 251.96mg (7.2%), Folate: 27.87µg (6.97%), Vitamin B2: 0.11mg (6.58%), Manganese: 0.13mg (6.42%), Fiber: 1.44g (5.77%), Calcium: 47.98mg (4.8%), Magnesium: 17.6mg (4.4%), Vitamin B1: 0.06mg (3.72%), Vitamin B5: 0.35mg (3.54%), Vitamin E: 0.51mg (3.38%), Copper: 0.06mg (3.06%), Vitamin A: 144.22IU (2.88%)