



Mom's Egg Rolls with Sweet and Sour Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



479 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz coleslaw mix
- 3.5 tablespoons cornstarch
- 1 lb egg roll wrappers
- 3 spring onion chopped
- 1 lb ground beef
- 10 servings sauce sweet sour
- 0.3 cup catsup
- 0.3 teaspoon salt

- 1 tablespoon soya sauce
- 10 servings soya sauce
- 0.8 cup sugar
- 10 servings vegetable oil
- 0.5 cup vinegar
- 0.3 cup water
- 0.7 cup water
- 0.5 cup onion white chopped

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 12.64% FAT 44.84% CARBS 42.52%

Properties

Glycemic Index:25.31, Glycemic Load:11.49, Inflammation Score:-4, Nutrition Score:15.719565197178%

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: 478.55kcal (23.93%), Fat: 23.89g (36.75%), Saturated Fat: 5.76g (35.99%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 48.6g (17.67%), Sugar: 19.12g (21.25%), Cholesterol: 36.29mg (12.1%), Sodium: 1549.47mg (67.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Vitamin K: 68.76µg (65.49%), Selenium: 20.24µg (28.91%), Vitamin B3: 5.41mg (27.04%), Manganese: 0.5mg (24.93%), Vitamin C: 18.2mg (22.06%), Vitamin B1: 0.3mg (20.05%), Vitamin B2: 0.31mg (18.12%), Iron: 3.21mg (17.86%), Folate: 69.8µg (17.45%), Vitamin B12: 0.98µg (16.33%), Zinc: 2.43mg (16.22%), Phosphorus: 152.55mg (15.25%), Vitamin B6: 0.28mg (14.02%), Vitamin E: 1.54mg (10.25%), Fiber: 2.39g (9.55%), Potassium: 323.5mg (9.24%), Magnesium: 33.16mg (8.29%), Copper: 0.15mg (7.48%), Calcium: 58.94mg (5.89%), Vitamin B5: 0.43mg (4.26%), Vitamin A: 127.89IU (2.56%)