



## Monte Cristo Egg Rolls

READY IN



45 min.

SERVINGS



6

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 deli forest ham black sliced
- 3 deli honey ham sliced
- 3 deli turkey smoked sliced
- 8 egg roll wrappers
- 5 tablespoons strawberry jam
- 3 swiss cheese sliced

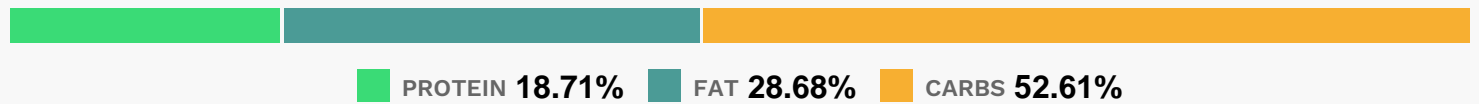
### Equipment

- mixing bowl

## Directions

- Chop the meat and cheese into small pieces and place into a mixing bowl, add the jam and stir to combine.
- Lay out the egg roll wraps with 1 corner facing you; place about 2 Tbs. of the filling just above the bottom corner. Fold this bottom corner up over the filling, then fold in each side of the egg roll wrap then roll it up. When you roll up to the other corner use a little water on your finger and spread on the wrapper to seal the roll and corner together. Deep fry at 320 degrees, for about 3 minutes or until crispy and golden brown.
- Serve warm as is or sprinkle with powder sugar, i

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:6.25, Inflammation Score:-1, Nutrition Score:4.7439130434783%

## Taste

Sweetness: 100%, Saltiness: 67.6%, Sourness: 30.43%, Bitterness: 21.72%, Savoriness: 37.16%, Fattiness: 51.62%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 168.09kcal (8.4%), Fat: 5.29g (8.14%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 21.84g (7.28%), Net Carbohydrates: 21.34g (7.76%), Sugar: 8.17g (9.08%), Cholesterol: 19.7mg (6.57%), Sodium: 339.25mg (14.75%), Protein: 7.76g (15.53%), Selenium: 10.96µg (15.65%), Vitamin B1: 0.18mg (11.85%), Phosphorus: 105.24mg (10.52%), Calcium: 88.55mg (8.85%), Vitamin B2: 0.13mg (7.93%), Vitamin B3: 1.58mg (7.88%), Manganese: 0.12mg (5.98%), Vitamin B12: 0.35µg (5.83%), Zinc: 0.86mg (5.76%), Iron: 0.85mg (4.71%), Folate: 17.93µg (4.48%), Copper: 0.07mg (3.39%), Vitamin B6: 0.07mg (3.38%), Magnesium: 10.68mg (2.67%), Potassium: 82.75mg (2.36%), Fiber: 0.5g (1.98%), Vitamin C: 1.47mg (1.78%), Vitamin A: 72.98IU (1.46%), Vitamin B5: 0.11mg (1.08%)