



Mushroom and Leek Spring Rolls

 Dairy Free

READY IN



120 min.

SERVINGS



12

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bean sprouts
- 4 ounce bean thread (rice vermicelli)
- 1 cup button mushrooms sliced
- 2 tablespoons canola oil
- 0.5 cup cilantro leaves chopped
- 1 package lumpia wrappers. other types are egg roll and spring roll wrappers. i prefer lumpia
- 1 tablespoon garlic minced
- 1 tablespoon ginger minced

- 0.5 cup hoisin sauce
- 1 juice of lemon
- 2 cups leek julienned
- 0.3 cup mint chiffonade fresh
- 1 cup oyster mushrooms sliced
- 12 servings salt and pepper black to taste
- 1 cup scallions chopped
- 2 serrano chile minced
- 2 cups mushroom caps sliced
- 0.3 cup soya sauce thin
- 1 teaspoon sugar
- 1 eggwash
- 1 eggwash

Equipment

- bowl
- frying pan
- sieve
- wok

Directions

- In a hot wok or saute pan add the oil followed by the garlic, ginger and chile. Be careful not to burn.
- Add the hoisin and briefly saute to get the raw taste out.
- Add the shiitakes, leeks and bean sprouts. Check for seasoning.
- Let cool in a strainer and drain well. When cool, add the cilantro, scallions and bean thread.
- Lay out a lumpia wrapper with corner facing you.
- Place a small mound at the bottom, moisten edges with eggwash and roll bottom corner towards the middle. Fold in both sides and continue rolling. Finish roll and let rest. Deep fry at

350 degrees until golden brown, about 5 minutes.

Serve with mint dipping sauce.

Mix all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:29.01, Glycemic Load:6.11, Inflammation Score:-6, Nutrition Score:12.129565340021%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 227.93kcal (11.4%), Fat: 3.69g (5.68%), Saturated Fat: 0.38g (2.36%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 39.27g (14.28%), Sugar: 5.93g (6.59%), Cholesterol: 3.72mg (1.24%), Sodium: 891.92mg (38.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin K: 31µg (29.52%), Manganese: 0.57mg (28.4%), Vitamin B3: 4.7mg (23.51%), Selenium: 15.69µg (22.41%), Vitamin B2: 0.34mg (20.12%), Folate: 67.43µg (16.86%), Vitamin B1: 0.25mg (16.44%), Iron: 2.45mg (13.59%), Phosphorus: 128.92mg (12.89%), Fiber: 3.18g (12.7%), Copper: 0.23mg (11.44%), Vitamin B6: 0.22mg (11.04%), Vitamin B5: 0.89mg (8.95%), Potassium: 309.7mg (8.85%), Vitamin A: 435.94IU (8.72%), Vitamin C: 6.84mg (8.29%), Magnesium: 32.22mg (8.05%), Zinc: 0.99mg (6.61%), Calcium: 45.45mg (4.55%), Vitamin E: 0.66mg (4.41%), Vitamin D: 0.22µg (1.45%)