

Natto Spring Rolls



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cornstarch mixed with 2 tablespoons water
- ☐ 1 spring onion finely chopped
- ☐ 0.5 teaspoon soy sauce light
- ☐ 0.3 teaspoon mustard hot
- ☐ 12 you will also need: parchment paper
- ☐ 0.3 teaspoon sugar
- ☐ 2 cups vegetable oil for frying
- ☐ 1 tablespoon wakame seaweed dried finely chopped ()

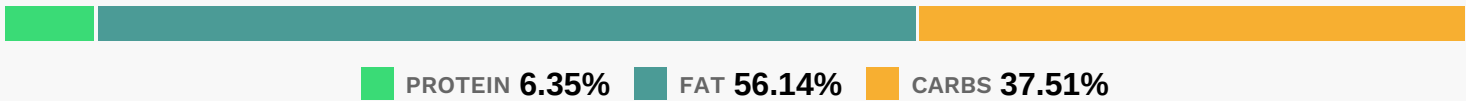
Equipment

☐ wok

Directions

- ☐ Mix the natto with the seaweed and scallions.
- ☐ Add the packets of soy sauce and mustard that come with the natto, or use the seasonings listed above.
- ☐ Have ready a stack of defrosted spring roll wrappers.
- ☐ Roll the natto mixture in the spring rolls, sealing your rolls closed with a dab of the cornstarch slurry.
- ☐ In a wok, heat the oil to 350°F. Deep the spring rolls until the shells are golden brown, about 2 minutes per side.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.27, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:8.7226086997468%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 363.61kcal (18.18%), Fat: 22.68g (34.89%), Saturated Fat: 3.48g (21.74%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 32.97g (11.99%), Sugar: 0.34g (0.38%), Cholesterol: 5.13mg (1.71%), Sodium: 382.8mg (16.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Vitamin K: 46.37µg (44.16%), Selenium: 16.23µg (23.18%), Vitamin B1: 0.3mg (19.95%), Manganese: 0.39mg (19.56%), Vitamin B3: 3.16mg (15.79%), Folate: 53.55µg (13.39%), Vitamin B2: 0.22mg (13.07%), Vitamin E: 1.81mg (12.09%), Iron: 2.02mg (11.2%), Phosphorus: 49.66mg (4.97%), Copper: 0.09mg (4.57%), Fiber: 1.13g (4.54%), Magnesium: 13.8mg (3.45%), Calcium: 31.18mg (3.12%), Zinc: 0.43mg (2.84%), Potassium: 57.72mg (1.65%), Vitamin B6: 0.02mg (1.03%)