

Pan-Fried Egg Rolls

 Dairy Free

READY IN



39 min.

SERVINGS



12

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 12 8-inch egg roll wrappers ()
- ☐ 12 ounces bean sprouts fresh chopped
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ginger fresh grated peeled
- ☐ 13 ounces shrimp split deveined cooked peeled
- ☐ 2 teaspoons soy sauce
- ☐ 0.3 cup vegetable oil; peanut oil preferred

- ☐ 1 tablespoon rice vinegar
- ☐ 0.3 cup chilli sauce sweet divided

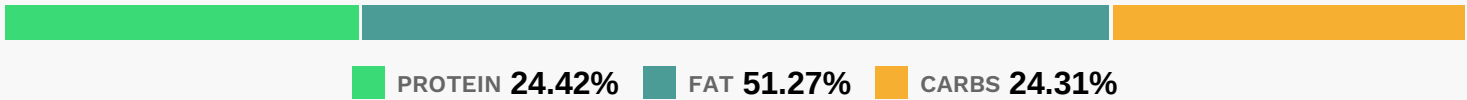
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ wire rack

Directions

- ☐ Combine 3 tablespoons chili sauce and bean sprouts, tossing well to coat.
- ☐ Working with 1 egg roll wrapper at a time (cover remaining wrappers to prevent drying), place wrapper onto work surface with 1 corner pointing toward you (wrapper should look like a diamond). Spoon about 2 heaping tablespoons bean sprout mixture into center of wrapper; top with 2 shrimp halves and 1 1/2 teaspoons cilantro. Fold lower corner of wrapper over filling; fold in side corners. Moisten top corner of wrapper with water; roll up jelly-roll fashion.
- ☐ Place egg roll, seam side down, on a baking sheet. Repeat procedure with remaining wrappers, bean sprout mixture, shrimp, and cilantro.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add 6 egg rolls, seam side down; cook 7 minutes or until golden, turning occasionally.
- ☐ Place on a wire rack. Repeat procedure with remaining 2 tablespoons oil and 6 egg rolls.
- ☐ Combine remaining 1 tablespoon chili sauce, vinegar, and remaining ingredients.
- ☐ Serve sauce with egg rolls.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.2452173524577%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 84.79kcal (4.24%), Fat: 4.91g (7.56%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 4.66g (1.7%), Sugar: 3.72g (4.13%), Cholesterol: 38.79mg (12.93%), Sodium: 264.5mg (11.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Selenium: 9.56µg (13.65%), Vitamin K: 10.13µg (9.65%), Phosphorus: 92.64mg (9.26%), Vitamin E: 1.15mg (7.66%), Folate: 24.49µg (6.12%), Vitamin B12: 0.34µg (5.69%), Copper: 0.11mg (5.26%), Vitamin C: 3.8mg (4.6%), Vitamin B3: 0.82mg (4.12%), Manganese: 0.08mg (3.82%), Vitamin B6: 0.08mg (3.82%), Magnesium: 13.6mg (3.4%), Zinc: 0.43mg (2.87%), Vitamin B2: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.38%), Potassium: 82.22mg (2.35%), Fiber: 0.58g (2.31%), Calcium: 21.3mg (2.13%), Iron: 0.37mg (2.08%), Vitamin B5: 0.21mg (2.07%), Vitamin A: 74.98IU (1.5%)