



Pork and Vegetable Spring Rolls



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



3122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cabbage shredded green
- ☐ 3 tablespoons cooking oil
- ☐ 1 tablespoon cornstarch
- ☐ 2 teaspoons cornstarch mixed with 3 tablespoons water
- ☐ 6 servings kosher salt
- ☐ 6 ounces boston butt pork shoulder trimmed cut into 1/4 inch by 2 inch slices
- ☐ 1 tablespoon rice wine
- ☐ 0.5 cup mushroom caps thinly sliced

- ☐ 1 teaspoon soya sauce
- ☐ 1 package you will also need: parchment paper (25 wrappers)
- ☐ 0.3 teaspoon sugar
- ☐ 2 quarts vegetable oil

Equipment

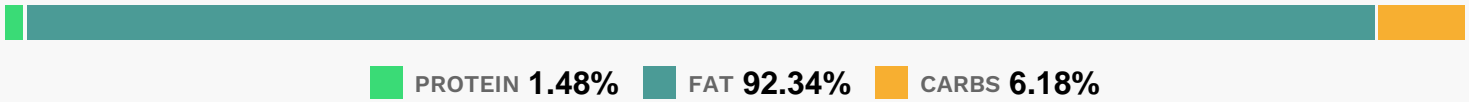
- ☐ bowl
- ☐ paper towels
- ☐ wok

Directions

- ☐ In a small bowl, mix the pork with the cornstarch, soy sauce, wine, sugar, and 1/4 teaspoon salt. Set aside.
- ☐ Heat 1 tablespoon oil in a wok over high heat until smoking.
- ☐ Add cabbage, season with salt, and cook, stirring and tossing occasionally, until softened and wilted, about 2 minutes.
- ☐ Add bean sprouts and continue to cook until sprouts are softened, about 1 minute longer. Season to taste with more salt, then transfer to a bowl.
- ☐ Add 2 more tablespoons oil to now-empty wok and heat until smoking.
- ☐ Add marinated pork and the mushrooms and cook, stirring and tossing constantly, until pork is just cooked through, about 3 minutes. Return cabbage and sprouts to the wok and toss to combine.
- ☐ Add cornstarch slurry and let the mixture come to a simmer, cooking until the mixture is thickened, about 3 minutes.
- ☐ Transfer to a large bowl.
- ☐ Wrap spring rolls using this technique, using about 3 tablespoons of filling per roll.
- ☐ Once all the spring rolls are made, heat oil in the wok to 375 F.
- ☐ Add 4 to 6 rolls and cook, agitating occasionally with a wire mesh spider, until golden brown and crisp, about 5 minutes.
- ☐ Drain on paper towels and keep warm. Repeat with remaining egg rolls.

Serve immediately with vinegar or duck sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:26.85, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:21.310000188973%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 3121.68kcal (156.08%), Fat: 324.94g (499.91%), Saturated Fat: 49.26g (307.88%), Carbohydrates: 48.91g (16.3%), Net Carbohydrates: 46.18g (16.79%), Sugar: 1.75g (1.95%), Cholesterol: 18.34mg (6.11%), Sodium: 700.02mg (30.44%), Alcohol: 0.4g (100%), Alcohol %: 0.11% (100%), Protein: 11.72g (23.45%), Vitamin K: 611.71µg (582.58%), Vitamin E: 27.08mg (180.54%), Selenium: 27.53µg (39.33%), Vitamin B1: 0.57mg (37.79%), Manganese: 0.59mg (29.32%), Vitamin B3: 5.66mg (28.29%), Vitamin B2: 0.39mg (23.19%), Folate: 83.04µg (20.76%), Iron: 3.07mg (17.07%), Vitamin C: 12.95mg (15.69%), Phosphorus: 127.59mg (12.76%), Fiber: 2.72g (10.89%), Vitamin B6: 0.19mg (9.74%), Zinc: 1.34mg (8.93%), Copper: 0.16mg (8.16%), Potassium: 240.07mg (6.86%), Magnesium: 27.21mg (6.8%), Calcium: 52.53mg (5.25%), Vitamin B5: 0.52mg (5.21%), Vitamin B12: 0.16µg (2.67%)