



Shrimp & Crab Egg Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz bean sprouts dry washed
- 2 carrots shredded grated
- 1 lb imitation crab (or the real thing)
- 0.5 lb shrimp shelled deveined
- 2 garlic clove finely minced (1 tbsp garlic powder)
- 1 tsp brown sugar
- 1 tsp brown sugar
- 2 spring onion finely chopped (green part only)

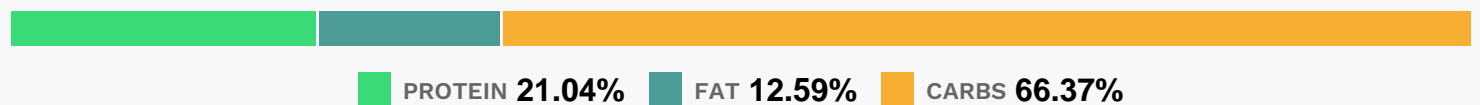
- 120 8-inch egg roll wrappers
- 1 eggs beaten for egg wash
- 6 servings vegetable oil for frying
- 1 tsp pepper
- 1 cup chilli sauce sweet

Equipment

Directions

- 8 oz. bean sprouts, washed n patted dry
- 2 carrots, shredded or grated
- 1 lb imitation crab (or the real thing)
- 1/2 lb medium sized shrimp, shelled & deveined
- 2 garlic cloves, finely minced (1 tbsp garlic powder)
- 1 tsp brown sugar
- 2 green onions, finely chopped (green part only)
- 20 (6 or 8-inch) egg roll wrappers
- 1 beaten egg, for egg wash
- vegetable oil, for frying
- 1 tsp salt and ground pepper
- 1 cup sweet chili sauce

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:11.45347826087%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Taste

Sweetness: 100%, Saltiness: 19.37%, Sourness: 3.37%, Bitterness: 13.23%, Savoriness: 5.12%, Fattiness: 50.75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 315.3kcal (15.76%), Fat: 4.39g (6.75%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 49.1g (17.86%), Sugar: 26.5g (29.45%), Cholesterol: 98.25mg (32.75%), Sodium: 1037.13mg (45.09%), Protein: 16.49g (32.98%), Vitamin A: 3489.02IU (69.78%), Vitamin K: 29.17µg (27.78%), Manganese: 0.31mg (15.43%), Phosphorus: 142.72mg (14.27%), Copper: 0.26mg (13.24%), Folate: 50.22µg (12.56%), Selenium: 8.33µg (11.91%), Fiber: 2.91g (11.62%), Vitamin B1: 0.16mg (10.43%), Vitamin B2: 0.17mg (10.16%), Vitamin C: 7.25mg (8.79%), Iron: 1.52mg (8.44%), Vitamin B3: 1.61mg (8.03%), Potassium: 268.6mg (7.67%), Magnesium: 30.2mg (7.55%), Zinc: 0.98mg (6.52%), Calcium: 56.37mg (5.64%), Vitamin B6: 0.1mg (4.8%), Vitamin E: 0.5mg (3.36%), Vitamin B5: 0.33mg (3.32%), Vitamin B12: 0.07µg (1.15%)