



Spring Rolls



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



20

CALORIES



211 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces bean sprouts
- ☐ 1 carrots shredded
- ☐ 2 ounces crab meat
- ☐ 4 eggs beaten
- ☐ 3 tablespoons fish sauce
- ☐ 1 clove garlic chopped
- ☐ 2 pinches ground pepper black
- ☐ 1 pound ground pork lean

- ☐ 2 ounces mushrooms drained chopped
- ☐ 1 quart oil for deep frying
- ☐ 1 onion finely chopped
- ☐ 20 5-inch rice wrappers (6. diameter)
- ☐ 4 ounce shrimp drained chopped canned
- ☐ 2 ounces soy vermicelli dry
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons vegetable oil

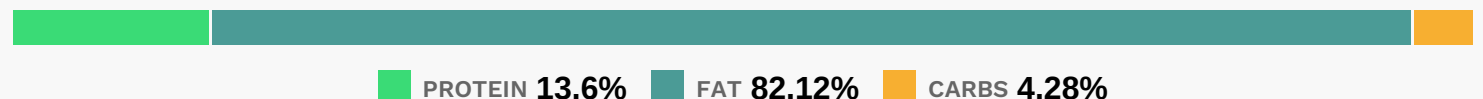
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ Soak the vermicelli 30 minutes in warm water; drain.
- ☐ In a large bowl, mix the vermicelli, eggs, onion, mushrooms, shrimp, pork, vegetable oil, carrot, crabmeat, bean sprouts, pepper, soy sauce, fish sauce and garlic.
- ☐ One by one, moisten the rice wrappers with a damp tea towel and fill with 2 to 3 tablespoons of the vermicelli mixture.
- ☐ Roll the wrappers, and allow them to set for 30 minutes.
- ☐ In a large saucepan, heat the oil to 375 degrees F (190 degrees C).
- ☐ Fry the spring rolls one or two at a time until golden brown, about 3 minutes.
- ☐ Drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:12.2, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:6.2504347821941%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 211.13kcal (10.56%), Fat: 19.39g (29.83%), Saturated Fat: 3.42g (21.34%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.76g (0.84%), Cholesterol: 59.38mg (19.79%), Sodium: 320.68mg (13.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.45%), Vitamin K: 16.48µg (15.7%), Selenium: 10.06µg (14.38%), Vitamin E: 2.12mg (14.13%), Vitamin B1: 0.18mg (12.21%), Vitamin A: 561.21IU (11.22%), Phosphorus: 85.75mg (8.57%), Vitamin B12: 0.51µg (8.44%), Vitamin B6: 0.14mg (6.99%), Vitamin B2: 0.12mg (6.96%), Vitamin B3: 1.31mg (6.54%), Zinc: 0.93mg (6.19%), Copper: 0.09mg (4.54%), Potassium: 143.89mg (4.11%), Magnesium: 16.35mg (4.09%), Vitamin B5: 0.39mg (3.89%), Manganese: 0.07mg (3.27%), Folate: 12.86µg (3.21%), Iron: 0.54mg (2.98%), Vitamin C: 1.63mg (1.97%), Calcium: 18.28mg (1.83%), Fiber: 0.33g (1.33%), Vitamin D: 0.18µg (1.21%)