



Spring Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bamboo skewers chopped
- 1 cup celery chopped
- 1 teaspoon cornstarch
- 18 egg roll wrappers
- 0.3 cup egg substitute frozen thawed
- 1.3 cups bean sprouts fresh
- 0.5 cup mushrooms fresh chopped
- 10 ounce pkt spinach frozen chopped

- 0.5 cup green onions chopped
- 1 ounce ham low-sodium chopped reduced-fat
- 1 teaspoon soya sauce low-sodium
- 1 teaspoon oyster sauce
- 2 teaspoons vegetable oil; peanut oil preferred
- 6 ounces shrimp fresh unpeeled
- 1 teaspoon sugar
- 0.3 cup water chestnuts chopped

Equipment

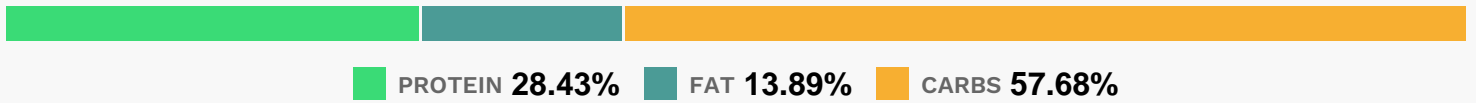
- frying pan
- baking sheet
- oven
- wok

Directions

- Peel and devein shrimp; chop shrimp.
- Cook spinach according to package directions, omitting salt.
- Drain well.
- Combine sugar and next 3 ingredients, stirring well.
- Coat a wok or a large nonstick skillet with cooking spray; drizzle oil around top of wok, coating sides.
- Heat at medium-high (37
- until hot.
- Add celery; stir-fry 2 minutes.
- Add spinach, bean sprouts, and next 4 ingredients; stir-fry 1 minute.
- Add shrimp; stir-fry 2 minutes or until shrimp turns pink.
- Add soy sauce mixture and ham; stir-fry 1 minute.
- Remove vegetable mixture from wok; let cool 10 minutes.

- Mound 1/4 cup vegetable mixture in center of each egg roll wrapper. Fold one corner of wrapper over filling. Lightly brush exposed sides and corners of wrapper with egg substitute. Fold left and right corners over filling. Push filling toward center of wrapper. Tightly roll filled end of wrapper toward exposed corner; gently press corner to seal securely.
- Brush egg rolls with egg substitute.
- Place egg rolls on a baking sheet coated with cooking spray.
- Bake at 400 for 10 minutes; turn rolls, and bake an additional 10 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:11.01, Glycemic Load:0.27, Inflammation Score:-8, Nutrition Score:9.1839129432388%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 69.6kcal (3.48%), Fat: 1.1g (1.69%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 10.28g (3.43%), Net Carbohydrates: 9.08g (3.3%), Sugar: 1.11g (1.23%), Cholesterol: 17.36mg (5.79%), Sodium: 150.08mg (6.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.13%), Vitamin K: 68.39µg (65.13%), Vitamin A: 1913.58IU (38.27%), Manganese: 0.24mg (11.78%), Folate: 44.01µg (11%), Selenium: 7.21µg (10.3%), Vitamin B2: 0.13mg (7.86%), Vitamin B1: 0.11mg (7.32%), Iron: 1.08mg (5.99%), Copper: 0.12mg (5.8%), Phosphorus: 56.15mg (5.61%), Magnesium: 22.24mg (5.56%), Vitamin B3: 1.08mg (5.38%), Fiber: 1.19g (4.78%), Vitamin E: 0.69mg (4.62%), Potassium: 155.87mg (4.45%), Calcium: 41.81mg (4.18%), Vitamin B6: 0.07mg (3.59%), Zinc: 0.5mg (3.31%), Vitamin C: 2.7mg (3.28%), Vitamin B5: 0.19mg (1.94%)