



Turkey and Stuffing Egg Rolls

READY IN



40 min.

SERVINGS



12

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 pinch cayenne pepper
- ☐ 1 cup chicken stock see
- ☐ 2 cups cranberries frozen
- ☐ 1 eggs beaten
- ☐ 12 egg roll wrappers
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 cup onion diced finely
- ☐ 0.3 cup orange juice

- ☐ 1 tablespoon freshly parsley leaves chopped
- ☐ 1 pinch freshly cracked pepper black
- ☐ 1 tablespoon freshly rosemary leaves chopped
- ☐ 1 tablespoon freshly sage leaves chopped
- ☐ 1 pinch salt
- ☐ 1 cup strawberries frozen
- ☐ 1 box pepperidge farm sage and onion stuffing stuffing prepared
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon freshly thyme leaves chopped
- ☐ 1 pound roasted turkey breast skinless cut into small cubes
- ☐ 1.5 cups turkey stock
- ☐ 1 tablespoon water

Equipment

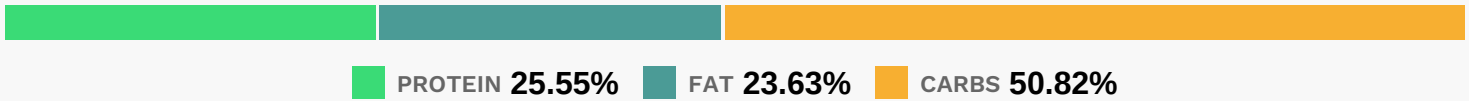
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Preheat a deep-fryer to 375 degrees F.
- ☐ In a large bowl add the turkey and the stuffing and mix to combine. In a small bowl, beat the egg with water to form an egg wash.
- ☐ Layout the egg roll wrappers and spoon 2 tablespoons of the turkey mixture onto each wrapper.
- ☐ Brush the edges of the wrappers with egg wash.
- ☐ Roll tightly, being sure to bring the sides together so the egg roll is tight. Before the final wrap, use some egg wash to seal. Set the finished egg rolls on a platter until ready to fry.
- ☐ Fry the egg rolls, in batches, until golden brown and crispy, about 1 to 2 minutes.

- ☐ Remove the egg rolls to paper towels to drain. Allow to cool and arrange on a serving platter.
- ☐ Serve with warm Gravy and Cranberry Dipping Sauce.
- ☐ In a large saucepan add the chicken stock and bring to a simmer over low heat.
- ☐ Remove from the heat and stir in the stuffing and the fresh herbs.
- ☐ Mix well.
- ☐ In a medium saucepan heat the butter over medium-high heat.
- ☐ Add the onion and saute until translucent. Reduce the heat and stir in the flour and pepper to make a roux.
- ☐ Add the herbs, turkey stock and salt. Simmer over low heat until the mixture thickens.
- ☐ In a medium saucepan, add the cranberries, strawberries, sugar and orange juice. Bring to a slight simmer over low heat. Cook until the cranberries pop, about 6 to 8 minutes.
- ☐ Add the cayenne pepper and simmer for an additional 4 to 5 minutes.
- ☐ Remove from the heat and allow to cool.
- ☐ Add to a blender and puree the sauce until velvety and smooth.
- ☐ Transfer to a serving bowl.

Nutrition Facts



Properties

Glycemic Index:47.51, Glycemic Load:8.16, Inflammation Score:-7, Nutrition Score:11.8899999970146%

Flavonoids

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Nutrients (% of daily need)

Calories: 180.45kcal (9.02%), Fat: 4.79g (7.37%), Saturated Fat: 2.26g (14.1%), Carbohydrates: 23.19g (7.73%), Net Carbohydrates: 21.79g (7.92%), Sugar: 11.02g (12.24%), Cholesterol: 44.23mg (14.74%), Sodium: 255.63mg (11.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.66g (23.31%), Copper: 1.61mg (80.54%), Vitamin B3: 5.46mg (27.3%), Selenium: 15.32µg (21.89%), Vitamin B6: 0.36mg (18.05%), Vitamin C: 13.8mg (16.73%), Manganese: 0.28mg (13.79%), Phosphorus: 130.99mg (13.1%), Vitamin B2: 0.19mg (11.05%), Vitamin B1: 0.13mg (8.52%), Folate: 28.12µg (7.03%), Iron: 1.24mg (6.86%), Vitamin K: 6.97µg (6.64%), Potassium: 218.62mg (6.25%), Fiber: 1.4g (5.59%), Zinc: 0.79mg (5.25%), Magnesium: 20.78mg (5.2%), Vitamin B12: 0.28µg (4.66%), Vitamin B5: 0.45mg (4.46%), Vitamin A: 204.75IU (4.1%), Calcium: 29.08mg (2.91%), Vitamin E: 0.42mg (2.81%)