



What the ELLE...Baked Egg Rolls

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 14.5 ounce bean sprouts drained canned
- ☐ 1 teaspoon brown sugar
- ☐ 2 cups carrots grated
- ☐ 1 pinch cayenne pepper
- ☐ 2 cups meat from a rotisserie chicken diced cooked finely
- ☐ 4 teaspoons cornstarch
- ☐ 16 egg roll wrappers
- ☐ 1 clove garlic minced

- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon soya sauce light
- ☐ 1 teaspoon vegetable oil
- ☐ 1 tablespoon water
- ☐ 0.5 cup water chestnuts chopped

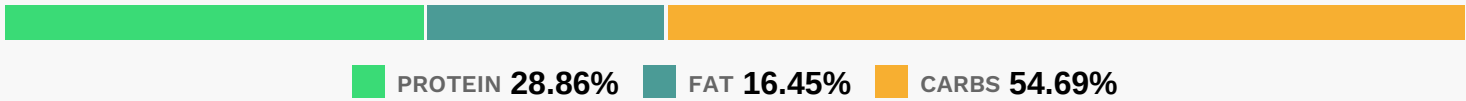
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a baking sheet.
- ☐ Coat a large skillet with nonstick cooking spray and heat over medium heat; cook and stir carrots, bean sprouts, water chestnuts, green pepper, green onions, and garlic until vegetables are crisp, about 3 minutes. Stir in chicken until heated through, 3 to 5 minutes.
- ☐ Combine cornstarch, water, soy sauce, 1 teaspoon oil, brown sugar, and cayenne in a small bowl; stir into chicken mixture. Bring to a boil over high heat and stir, cooking until sauce is thickened, about 2 minutes; remove from heat.
- ☐ Spoon 1/4 cup chicken mixture on the bottom third of one egg roll wrapper. Fold sides toward center and roll tightly; place seam side down on prepared baking sheet. Repeat with remaining filling and wrappers. Spray top of egg rolls with nonstick cooking spray.
- ☐ Bake in preheated oven until lightly browned, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:20.73, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:15.649130416953%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 188.22kcal (9.41%), Fat: 3.48g (5.35%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 22.95g (8.35%), Sugar: 4.89g (5.44%), Cholesterol: 28.59mg (9.53%), Sodium: 328.54mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin A: 5428.32IU (108.57%), Vitamin K: 29.09µg (27.7%), Vitamin B3: 5.08mg (25.4%), Selenium: 16.56µg (23.66%), Manganese: 0.37mg (18.31%), Folate: 65.71µg (16.43%), Vitamin C: 13.41mg (16.26%), Vitamin B1: 0.23mg (15.32%), Vitamin B6: 0.3mg (14.89%), Vitamin B2: 0.25mg (14.42%), Phosphorus: 137.22mg (13.72%), Fiber: 3.04g (12.15%), Iron: 2.18mg (12.13%), Copper: 0.19mg (9.49%), Potassium: 330.42mg (9.44%), Magnesium: 30.51mg (7.63%), Zinc: 1.12mg (7.47%), Vitamin B5: 0.68mg (6.79%), Calcium: 38.86mg (3.89%), Vitamin E: 0.46mg (3.05%), Vitamin B12: 0.11µg (1.78%)