



Wild Mushroom Spring Rolls with Chinese Mustard Dipping Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bean sprouts
- ☐ 2 ounces bean thread noodles chopped
- ☐ 1 carrots grated
- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.5 cup dijon mustard
- ☐ 1 eggs beaten
- ☐ 0.5 tablespoon ginger fresh grated

- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon hoisin sauce
- ☐ 10 servings kosher salt and pepper black freshly ground
- ☐ 1 pound mushrooms wild mixed (such as chanterelle, crimini, oyster, shiitake)
- ☐ 2 cups napa cabbage shredded
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 tablespoon oyster sauce
- ☐ 0.3 cup rice vinegar
- ☐ 2 scallions sliced thin
- ☐ 1 teaspoon sesame oil toasted
- ☐ 1 package you will also need: parchment paper
- ☐ 1 tablespoon sugar
- ☐ 10 servings vegetable oil for frying
- ☐ 0.3 cup water hot

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wok

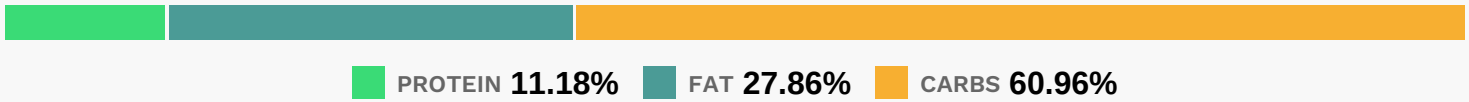
Directions

- ☐ Watch how to make this recipe.
- ☐ Heat oil in a skillet or wok over high heat.
- ☐ Add the garlic, ginger, and scallions and cook for 1 minute.
- ☐ Add the mushrooms and cook for another minute.
- ☐ Add the cabbage and carrot and cook until the cabbage starts to wilt, about 2 minutes. Stir in the hoisin and oyster sauces; toss to coat the mixture.
- ☐ Remove from the heat and mix in the noodles, sprouts, and cilantro; season to taste with salt and pepper. The filling should be moist but not wet.

- ☐
- Remove from heat and allow to cool.

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Nutrition Facts



Properties

Glycemic Index:40.39, Glycemic Load:1.93, Inflammation Score:-7, Nutrition Score:12.550869607407%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 252.41kcal (12.62%), Fat: 7.87g (12.11%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 38.76g (12.92%), Net Carbohydrates: 35.64g (12.96%), Sugar: 3.7g (4.1%), Cholesterol: 20.47mg (6.82%), Sodium: 487.31mg (21.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.11g (14.21%), Selenium: 21.72µg (31.03%), Manganese: 0.54mg (26.87%), Vitamin A: 1137.43IU (22.75%), Vitamin B3: 4.51mg (22.56%), Vitamin K: 21.53µg (20.51%), Vitamin B1: 0.29mg (19.47%), Vitamin B2: 0.32mg (19.04%), Folate: 66.29µg (16.57%), Iron: 2.31mg (12.83%), Fiber: 3.12g (12.47%), Phosphorus: 124.26mg (12.43%), Vitamin B6: 0.23mg (11.36%), Copper: 0.18mg (8.85%), Vitamin B5: 0.87mg (8.65%), Potassium: 279.64mg (7.99%), Magnesium: 30.15mg (7.54%), Vitamin C: 5.95mg (7.21%), Zinc: 1.05mg (6.98%), Vitamin E: 0.82mg (5.47%), Calcium: 53.59mg (5.36%), Vitamin D: 0.27µg (1.8%)