

Vietnamese Spring Rolls (Cha Gio)

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-gio-thu-recipe>

Ingredients:

- 6 ounces ground pork
- 2 ounces shrimp small, minced
- 1 ounce crab meat coarsely chopped
- shredded carrots Some
- 1 ounce mung bean noodles /cellophane noodles/glass noodles – soaked in hot water for 30 minutes or until they turn very soft
- 1 clove garlic minced
- 1 shallot minced
- 3 ground black pepper big dashes
- 1 teaspoon fish sauce
- salt to taste
- 1 small egg lightly beaten, use only half
- vietnamese rice paper

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 110 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 4 grams
8. Sodium: 410 milligrams
9. Sugar: 1 grams

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