

Spiralized Chinese Egg Roll in a Bowl

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/uk-chinese-egg-roll-recipe>

Ingredients:

- 1 pound ground pork
- 1 tablespoon avocado oil
- 2 1/2 pounds green cabbage spiralized
- 1 small onion spiralized
- 3 medium carrots cut into thin strips
- 1 pinch kosher salt
- 1/4 teaspoon ground white pepper
- 4 cloves garlic minced
- 1/4 cup coconut aminos
- 1 1/2 tablespoons toasted sesame oil
- 3 scallions thinly sliced

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 80 milligrams
4. Fat: 32 grams
5. Fiber: 7 grams
6. Protein: 23 grams
7. SaturatedFat: 10 grams
8. Sodium: 220 milligrams
9. Sugar: 3 grams

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