

Chinese Spring Rolls

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 20 roll Spring, sheets
- 2 teaspoons all purpose flour
- 2 tablespoons water
- 2 tablespoons oil Plus for frying
- 2 teaspoons garlic Finely chopped
- 2 teaspoons ginger Finely chopped
- 1/2 cup onion Finely chopped
- 1/2 cup cabbage Finely chopped
- 1/2 cup capsicum Finely chopped
- 1/2 cup carrot Finely chopped
- salt to taste
- 1/4 teaspoon black pepper powder
- 1 teaspoon chilli sauce
- 1 teaspoon soy sauce
- 1 teaspoon rice vinegar
- 1/4 cup greens Spring onion, Chopped

Nutrition:

1. Calories: 600 calories
2. Carbohydrate: 104 grams
3. Fat: 17 grams
4. Fiber: 17 grams
5. Protein: 18 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 1210 milligrams
8. Sugar: 17 grams

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