

BAKED VEGETABLE EGG ROLLS

Yield: 14 min
Total Time: 45 min

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

Ingredients:

- 1 teaspoon olive oil
- 2 cups savoy cabbage chopped
- 1/2 cup onion sliced
- 2 cups shredded carrots
- 2 cups bean sprouts
- 1 teaspoon fresh ginger grated
- 2 tablespoons soy sauce
- 1 tablespoon corn starch
- 1/4 cup water
- 14 egg roll wraps
- 3 tablespoons soy sauce
- 3 tablespoons rice vinegar
- 1/8 teaspoon sesame oil
- 1 teaspoon ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Nutrition:

1. Calories: 20 calories
2. Carbohydrate: 4 grams
3. Fiber: 1 grams
4. Protein: 1 grams
5. Sodium: 340 milligrams
6. Sugar: 1 grams

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