

Chinese Egg Rolls

Yield: 12 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-chinese-cabbage-rolls-recipe>

Ingredients:

- 1 tablespoon vegetable oil 15ml
- 3 cups shiitake mushrooms 171g 1/8 inch thick slices
- 1 1/2 cups carrots 87g 1/8 inch thick slices
- 3 cups napa cabbage 90g 1/8 inch thick slices
- 1 1/2 cups bean sprouts
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger
- 1/3 cup green onions 17g thinly sliced
- 4 teaspoons soy sauce 20ml
- 1/2 teaspoon sesame oil
- 12 egg roll wrappers thin, about 7-inch by 7-inch
- 1 large egg white whisked
- peanut oil
- peanut oil
- canola oil

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 5 milligrams
4. Fat: 6 grams
5. Fiber: 2 grams
6. Protein: 5 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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