

# Authentic Chinese Egg Rolls

Yield: 20 min  
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/wood-ear-and-chinese-yam-recipe>

## Ingredients:

- 4 teaspoons vegetable oil
- 3 eggs beaten
- 1 head cabbage finely shredded
- 1/2 carrots julienned
- 8 ounces bamboo shoots shredded
- 1 cup wood ear mushrooms dried, shredded, rehydrated
- 1 pound pork Chinese barbequed or roasted, cut into matchsticks
- 2 green onions thinly sliced
- 2 1/2 teaspoons soy sauce
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon msg
- 14 ounces egg roll wrappers
- 1 egg whites beaten
- 4 cups oil for frying, or as needed

## Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 50 milligrams
4. Fat: 48 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 360 milligrams
9. Sugar: 1 grams

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