

# Egg Roll in a Bowl

Yield: 4 min  
Total Time: 15 min

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

## Ingredients:

- 1 pound ground pork or beef
- 14 ounces shredded cabbage or coleslaw mix
- 1/4 cup low sodium soy sauce or liquid aminos
- 1 teaspoon minced garlic
- 1 teaspoon ground ginger
- 2 teaspoons Sriracha
- 1 whole egg
- 1 tablespoon sesame oil
- 2 tablespoons sliced green onions

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 135 milligrams
4. Fat: 29 grams
5. Fiber: 2 grams
6. Protein: 23 grams
7. SaturatedFat: 10 grams
8. Sodium: 690 milligrams
9. Sugar: 5 grams

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