

Vietnamese Egg Roll (Ch? Gi?)

Yield: 4 min
Total Time: 270 min

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

Ingredients:

- 1 pound ground pork
- 1 pound ground chicken
- 1 pound shrimp peeled and deveined
- 1 pound chayote peeled
- 1 pound carrot peeled
- 1 pound taro root peeled
- 4 egg
- 2 1/2 ounces black fungus dried, optional
- 1 yellow onion peeled
- 1 teaspoon ground black pepper
- 2 teaspoons salt
- 2 teaspoons garlic powder optional
- 5 shell packs spring roll, 25 wrappers/pack
- vegetable oil

Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 565 milligrams
4. Fat: 45 grams
5. Fiber: 11 grams
6. Protein: 75 grams
7. SaturatedFat: 13 grams
8. Sodium: 1650 milligrams
9. Sugar: 10 grams

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