

# Vietnamese Fried Spring Rolls – Cha Gio

Yield: 4 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-fried-spring-rolls-cha-gio-recipe>

## Ingredients:

- water Boiled, for soaking
- cold water for soaking
- 1 spring roll wrappers pack of medium, 12.5 cm x 12.5 cm, 50 sheets
- vegetable oil for deep frying
- 3/4 ounce black fungus / wood ear mushroom, chopped
- 1 3/4 ounces vermicelli dried bean, cut into 2-3 cm pieces
- 2/3 pound pork mince
- 9/16 pound meat raw prawn, approx 400 – 450 gm of raw prawns with shell, chopped into small chunks
- 2 carrots medium sized, grated
- 1 onion finely chopped
- 2 spring onion / scallion stalks, finely chopped
- 2 teaspoons salt
- 1 teaspoon sugar
- cracked pepper Fresh

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 95 milligrams
4. Fat: 26 grams
5. Fiber: 2 grams
6. Protein: 31 grams
7. SaturatedFat: 8 grams
8. Sodium: 1330 milligrams
9. Sugar: 4 grams

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