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Baked Egg Rolls ♦♦

Baked Egg Rolls are a delicious and healthier alternative to traditional fried egg rolls. They are filled with a flavorful mixture of vegetables and protein, then baked until crispy and golden brown. These egg rolls are perfect as an appetizer, snack, or even a main dish. Enjoy them with your favorite dipping sauce!

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

8 pieces	egg roll wrappers
2 c	cabbage
1 c	Carrots
1 c	bean sprouts

4 pieces	Green Onions
2 cloves	garlic
1 tsp	Ginger
2 tbsp	soy sauce
1 tsp	sesame oil
2 tbsp	vegetable oil

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the cabbage, carrots, bean sprouts, green onions, garlic, and ginger.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Mixing

In a small bowl, whisk together the soy sauce and sesame oil. Pour the mixture over the vegetable mixture and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Folding

Place an egg roll wrapper on a clean surface. Spoon about 1/4 cup of the vegetable mixture onto the center of the wrapper. Fold the bottom edge of the wrapper over the filling, then fold in the sides. Roll up the wrapper tightly, sealing the edges with a bit of water. Repeat with the remaining wrappers and filling.

Prep Time: 10 mins

Cook Time: 0 mins

Step 5

Brushing

Brush the tops of the egg rolls with vegetable oil. Place them on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake the egg rolls for 20-25 minutes, or until they are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 7

Serving

Serve the baked egg rolls hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 4 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	4 g	10.53%	16%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Side Dishes

Snacks

Cultural

Chinese New Year

Cinco de Mayo

Hanukkah

Oktoberfest

Passover

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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