



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Vegetable Spring Roll with Orange Dipping Sauce

Vegetable Spring Roll is a popular Asian dish that is typically served as an appetizer or snack. It consists of a mixture of fresh vegetables wrapped in a thin spring roll wrapper and deep-fried until crispy. The Orange Dipping Sauce adds a tangy and refreshing flavor to the spring rolls. This recipe is vegan, making it suitable for those following a plant-based diet.

Recipe Type: Vegan

Prep Time: 30 mins

Cook Time: 20 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

12 pieces	spring roll wrappers
--------------	----------------------

150 g	Carrots
-------	---------

150 g	cabbage
-------	---------

100 g	bean sprouts
50 g	Green Onions
100 g	Mushrooms
2 cloves	garlic
1 tsp	Ginger
2 tbsp	soy sauce
1 tsp	sesame oil
0.5 c	orange juice
1 tbsp	rice vinegar
1 tbsp	sugar
1 tbsp	cornstarch

Directions

Step 1

Cut

Prepare the vegetables by julienning the carrots, shredding the cabbage, chopping the green onions, and slicing the mushrooms.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large pan, heat some oil and sauté the garlic and ginger until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stir-frying

Add the carrots, cabbage, bean sprouts, green onions, and mushrooms to the pan. Stir-fry until the vegetables are cooked but still crisp.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Season the vegetable mixture with soy sauce and sesame oil. Remove from heat and let it cool.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Rolling

Take one spring roll wrapper and place it on a clean surface. Spoon some of the vegetable mixture onto the wrapper and roll it tightly, tucking in the sides as you go.

Repeat with the remaining wrappers and filling.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Frying

In a deep fryer or a large pot, heat oil to 350°F (175°C). Fry the spring rolls in batches until golden brown and crispy. Remove from the oil and drain on paper towels.

Prep Time: 5 mins

Cook Time: 10 mins

Step 7

Boiling

To make the orange dipping sauce, combine orange juice, rice vinegar, sugar, and cornstarch in a small saucepan. Cook over medium heat until the sauce thickens.

Remove from heat and let it cool.

Prep Time: 5 mins

Cook Time: 5 mins

Step 8

Serving

Serve the vegetable spring rolls with the orange dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 5 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

Visit our website: healthdor.com