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Spicy Chicken and Avocado Eggrolls ♦

Spicy Chicken and Avocado Eggrolls are a delicious appetizer or snack. These crispy eggrolls are filled with a flavorful mixture of spicy chicken, creamy avocado, and crunchy vegetables. They are perfect for parties or game day!

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 15 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	chicken breast
200 g	Avocado
8 pieces	eggroll wrappers
100 g	Red Bell Pepper

50 g	Green Onions
2 tbsp	soy sauce
1 tbsp	sriracha sauce
2 tbsp	vegetable oil

Directions

Step 1

Mixing

In a bowl, mix together the diced chicken, diced avocado, diced red bell pepper, sliced green onions, soy sauce, and sriracha sauce.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Wrapping

Place about 2 tablespoons of the chicken and avocado mixture onto each eggroll wrapper. Fold the sides of the wrapper over the filling, then roll up tightly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a deep skillet or fryer. Fry the eggrolls until golden brown and crispy, about 3-4 minutes per side.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Serving

Remove the eggrolls from the skillet and drain on a paper towel-lined plate. Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Game Day

Course

Appetizers

Snacks

Cultural

Chinese New Year

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Over \$50

Meal Type

Snack

Lunch

Supper

Difficulty Level

Medium

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