

## Pork-Taro Spring Roll

|   |         |                          |   |
|---|---------|--------------------------|---|
|   |         |                          | Makes About 50 small egg rolls.   |
| 1 | 1 lb    | Taro                     | Shred carrots and taro.   |
|   | 1 lb    | Carrot                   |   |
| 2 | 1 large | Egg                      | Separate and set whites aside.  |
| 3 | 1 lb    | Ground Pork              | Combine with vegetables and egg yolk in large bowl.   |
|   | 1 tbsp  | Salt                     |   |
|   | 1 tbsp  | Ground Black Pepper      |   |
| 4 | 50      | TYJ Spring Roll Pastries | Roll spring rolls and deep-fry in batches at 350 – 375°F until golden brown. Use a food thermometer to confirm that internals are 165° F. |

| Nutrition Facts  |       |
|--|-------|
| Servings 50.0  |       |
| Amount Per Serving   |       |
| calories 98  |       |
| % Daily Value *  |       |
| Total Fat 7 g  | 11 %  |
| Saturated Fat 1 g  | 6 %   |
| Monounsaturated Fat 3 g  |       |
| Polyunsaturated Fat 1 g  |       |
| Trans Fat 0 g  |       |
| Cholesterol 11 mg  | 4 %   |
| Sodium 227 mg  | 9 %   |
| Potassium 85 mg  | 2 %   |
| Total Carbohydrate 6 g   | 2 %   |
| Dietary Fiber 1 g  | 3 %   |
| Sugars 0 g   |       |
| Protein 2 g  | 3 %   |
| Vitamin A  | 101 % |
| Vitamin C  | 2 %   |
| Calcium  | 1 %   |
| Iron   | 1 %   |
| * The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. |       |