



For Information call: 321-633-1702
bshephar@ufl.edu

Fact Sheet # FS 6095 FCS
Date: February, 2008

IRISH EGG ROLLS

Elizabeth C. Shephard

Great Leftover Idea for the Traditional Corned Beef and Cabbage St. Patrick's Day Feast.

INGREDIENTS

- 4 ounces chopped corned beef
- 1 cup shredded steamed cabbage
- 1 cup diced cooked potatoes
- 1 cup shredded carrot
- 1/2 cup thinly sliced onion
- salt and pepper, to taste
- 8 (7 inch square) egg roll wrappers
- 1 1/2 quarts oil for deep frying

DIRECTIONS

1. Heat oil in a deep-fryer to 375 degrees F (190 degrees C).
2. In a medium bowl, mix together the shredded corned beef, cabbage, potatoes, carrot, and onion. Season with salt and pepper to taste. Lay the egg roll wrappers out on a clean dry surface a few at a time. Place about 1/2 cup of the mixture into the center of each wrap. Roll up into logs according to the directions on the package. Wet the edge with water to seal.
3. Fry rolls a few at a time, turning if necessary, for about 5 minutes, or until golden. Remove from hot oil to drain on paper towels.

HEALTHIER OPTION

Bake the egg rolls at 400 degree F for 18 minutes after spraying the finished egg roll with a spray for example (PAM).

NUTRITION INFORMATION

Servings Per Recipe: 8

Amount Per Serving

Calories: 286

- **Total Fat:** 18g
- **Cholesterol:** 12mg
- **Sodium:** 418mg
- **Total Carbs:** 24.9g
- **Dietary Fiber:** 1.8g
- **Protein:** 6.7g

From allrecipes.com