

- Prep Time: 15 minutes
- Cook Time: 10 minutes
- Total Time: 25 minutes
- Yield: 10 egg rolls (Serves 5-10 guests)
- Difficulty: Easy

Table of Contents

- [Cooking Intensities & Heat Levels](#)
- [Ingredients](#)
 - [1. The Filling](#)
 - [2. The Wrappers & Seal](#)
 - [3. Frying & Serving](#)
- [Step-by-Step Instructions](#)
- [Pro Tips for the Best Cheese Stretch](#)
- [Nutritional Information](#)

Cooking Intensities & Heat Levels

- Assembly Intensity: Room Temperature (Gentle wrapping)

- Deep Fryer / Stovetop Frying Intensity: Medium-High Heat (350°F-365°F / 175°C-185°C)
- Air Fryer Alternative Intensity: High Air Circulation (380°F / 193°C)

Ingredients

1. The Filling

- 8 oz (225g) Low-Moisture Mozzarella Cheese, cut into sticks or coarsely shredded
- 1 cup (100g) Sharp Cheddar Cheese, shredded
- 2 oz (55g) Cream Cheese, softened (helps bind the shredded cheeses and prevents blowout)
- 1 tsp Garlic Powder
- ½ tsp Italian Seasoning or Dried Oregano
- ¼ tsp Smoked Paprika
- 1 tbsp Fresh Green Onions or Chives, finely sliced (optional)

2. The Wrappers & Seal

- 10 Premade Egg Roll Wrappers (standard 6×6 inch square sheets)
- 1 Large Egg + 1 tbsp Water, whisked together for egg wash

3. Frying & Serving

- 3–4 cups Neutral Frying Oil (Canola, Peanut, or Vegetable Oil for stovetop frying)
- Warm Marinara Sauce, Ranch, or Sweet Chili Sauce, for dipping

Step-by-Step Instructions

1.Prepare the Cheese Filling:Prevents cheese leaks during frying.

In a medium bowl, combine softened cream cheese, garlic powder, Italian seasoning, smoked paprika, and green onions. Mix until smooth. Fold in shredded mozzarella and sharp cheddar until thoroughly blended and sticky.

2.Assemble and Roll:Keep unused wrappers under a damp paper towel.

Place an egg roll wrapper on a clean surface in a diamond shape (one point facing you). Spoon about 2 to 3 tablespoons of cheese mixture across the lower center. Fold the bottom corner up over the filling, tucking it tightly under the cheese.

3.Fold and Seal:Ensure edges are damp with egg wash for a tight seal.

Fold the left and right side corners inward over the center, forming an envelope shape. Brush the remaining top triangular corner generously with egg wash. Roll tightly upward toward the top point to seal completely.

4.Fry to Golden Perfection:Maintain oil temperature between 350°F and 365°F.

Heat 2 inches of oil in a heavy skillet or deep pot to 350°F (175°C). Carefully lower 3–4 egg rolls into the oil using tongs. Fry for 2–3 minutes, turning once, until uniform deep golden brown. Transfer to a wire rack or paper towel-lined plate.

5.Serve Hot:Let rest 2 minutes before biting.

Allow rolls to cool briefly so the liquid cheese sets slightly. Serve hot alongside warm marinara or garlic ranch dipping sauce.

Pro Tips for the Best Cheese Stretch

- **Choose Low-Moisture Cheese:** Fresh mozzarella contains too much water, which causes steam to build up inside the wrapper, bursting the seams and splashing hot oil. Always use low-moisture, block-shredded mozzarella.
- **Double Sealing:** The egg wash acts as an edible glue. Make sure every edge is dampened so the melted cheese remains safely trapped inside the crispy shell.

Nutritional Information

Servings: 10 | Serving Size: 1 Cheese Egg Roll (approx. 75g)

Metric	Amount Per Serving
Calories	245 kcal
Total Fat	15g

Metric	Amount Per Serving
└ <i>Saturated Fat</i>	7g
└ <i>Trans Fat</i>	0g
Cholesterol	40mg
Sodium	390mg
Total Carbohydrates	17g
└ <i>Dietary Fiber</i>	0.8g
└ <i>Total Sugars</i>	0.8g
Protein	10g
Vitamin D	0.2mcg
Calcium	210mg
Iron	1.1mg
Potassium	85mg

- Air Fryer Method: Brush the assembled egg rolls liberally with vegetable oil on all sides. Air fry in a single layer at 380°F (193°C) for 8–10 minutes, flipping halfway through.