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DIET COLUMN

Food Find: Kahiki's Healthy and Lo-Calorie Egg Rolls



Who doesn't love a crispy egg roll before they dig into their [cashew chicken](#)? But did you know that the average egg roll at your favorite Chinese restaurant can have almost 400 calories and up to 16 grams of fat?

Recently, I had the chance to sample [Kahiki Food's](#) egg rolls. Not only are they yummy, but their egg rolls contain just a fraction of the calories that most restaurant egg rolls do. The veggie egg roll comes in at 70 calories, the chicken has 80 calories and their pork and shrimp combo comes in at a mere 100 calories!

And these aren't mini egg rolls either. They are your average-sized egg roll packed with tons of veggies, like cabbage, carrots and water chestnuts with a spicy peppery flavor and a crispy egg roll crust. And they are the first microwaveable egg rolls that retain their crunchy crust even after they are nuked.

Kahiki is a family-owned business that specializes in making healthy authentic Asian food. Not only do they make lo-cal [eats](#) but they are also committed to social responsibility. All of their 70 products are packaged in recycled materials, don't contain MSG and they even recycle their cooking oil through local farmers who turn the oil into bio-diesel fuel. Their complete line of foods, which includes frozen entrees made with antibiotic-free hibachi-grilled white-meat chicken and non-GMO ingredients, can be found in the freezer section of your grocery store.

I recommend checking out their website to learn more about their products and download money-saving coupons that can be used for all of their tasty and [healthy](#) eats.

Happy Noshing!

Kahiki generously provided Heather with sample product, but this review is her own opinion and was not sponsored in any way.

January 12th, 2009
by [heather](#)

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