



HEALTH SCORE

51%

Asian Fish Rolls in Rice-Paper Wrappers



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



292 kcal

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 0.5 teaspoon chili paste depending on your taste pref hot finely chopped
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger grated
- ☐ 2 tablespoons juice of lime
- ☐ 2 cups snow peas chinese cut into julienne strips ()
- ☐ 18 you will also need: parchment paper
- ☐ 3 tablespoons roasted peanuts unsalted finely chopped
- ☐ 0.8 lb sea bass fillets cooked finely chopped

- ☐ 0.5 teaspoon sesame oil
- ☐ 1 teaspoon soya sauce
- ☐ 0.8 cup tomato purée organic muir glen® (from 28-oz can)

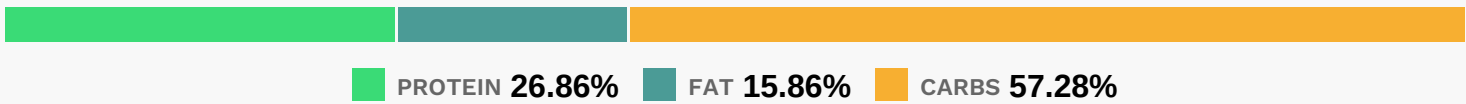
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ steamer basket

Directions

- ☐ In small bowl, mix all dipping sauce ingredients until smooth. Cover; refrigerate until serving time.
- ☐ In saucepan, heat 1 inch water to boiling, or place steamer basket in 1/2 inch water in saucepan (water should not touch bottom of basket) and heat to boiling.
- ☐ Add bean sprouts. Cover; cook or steam 2 minutes. Immediately rinse with cold water; drain. Repeat with cabbage and pea pods.
- ☐ Place rice-paper wrappers, 2 at a time, in bowl of hot water 45 seconds.
- ☐ Remove and place on plate. When completely soft, separate wrappers.
- ☐ Place about 2 tablespoons fish, 1 tablespoon each bean sprouts, cabbage and pea pods, 1 teaspoon cilantro and 1/2 teaspoon peanuts on center of each wrapper. Fold one end of wrapper up about 1 inch over filling; fold right and left sides over folded end. Fold remaining end down, wrapping around roll.
- ☐ Serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.02, Inflammation Score:-7, Nutrition Score:19.824347786281%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg, Quercetin: 1.9mg

Nutrients (% of daily need)

Calories: 292.08kcal (14.6%), Fat: 5.17g (7.96%), Saturated Fat: 0.9g (5.64%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 38.4g (13.96%), Sugar: 4.47g (4.97%), Cholesterol: 50.49mg (16.83%), Sodium: 455.86mg (19.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.71g (39.42%), Selenium: 37.84µg (54.05%), Vitamin B12: 2.18µg (36.29%), Vitamin C: 29.47mg (35.72%), Manganese: 0.7mg (35.03%), Vitamin B1: 0.46mg (30.51%), Vitamin B3: 6.03mg (30.15%), Folate: 100.2µg (25.05%), Phosphorus: 229.67mg (22.97%), Iron: 4.13mg (22.96%), Vitamin K: 23.56µg (22.43%), Vitamin B2: 0.34mg (19.77%), Magnesium: 66.36mg (16.59%), Vitamin B6: 0.33mg (16.52%), Copper: 0.32mg (15.85%), Fiber: 3.63g (14.51%), Potassium: 506.97mg (14.48%), Vitamin A: 651.71IU (13.03%), Vitamin B5: 1.05mg (10.46%), Zinc: 1.09mg (7.3%), Calcium: 66.38mg (6.64%), Vitamin E: 0.85mg (5.65%)