



Asian-Style Veggie Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

Ingredients

- ☐ 2 cups bibb lettuce leaves thinly sliced (4 large)
- ☐ 1 cup carrots shredded (1 large)
- ☐ 2 cups bean threads cooked (cellophane noodles)
- ☐ 2 tablespoons fish sauce
- ☐ 1 cup bean sprouts fresh
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 0.5 cup mint leaves fresh coarsely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced

- ☐ 3 tablespoons juice of lime fresh (1 lime)
- ☐ 8 inch sheets round rice paper (8-inch)
- ☐ 1 tablespoon sugar
- ☐ 1 thai chile thinly sliced
- ☐ 3 tablespoons water

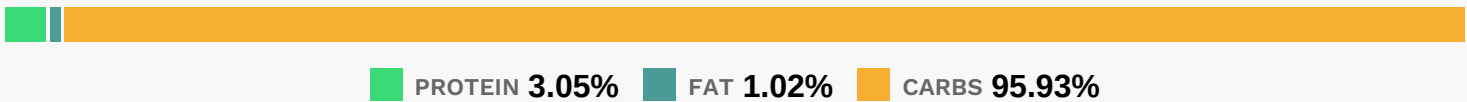
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare rolls, add hot water to a large, shallow dish to a depth of 1 inch.
- ☐ Place 1 rice paper sheet in dish, and let stand for 30 seconds or just until soft.
- ☐ Place sheet on a flat surface. Arrange 1/4 cup lettuce over half of sheet, leaving a 1/2-inch border. Top with 1/4 cup bean threads, 2 tablespoons sprouts, 2 tablespoons carrot, 1 tablespoon mint, 1 tablespoon cilantro leaves, and 1 1/2 teaspoons green onions. Folding sides of sheet over filling and starting with filled side, roll up jelly-roll fashion. Gently press seam to seal.
- ☐ Place roll, seam side down, on a serving platter (cover to keep from drying). Repeat procedure with remaining roll ingredients.
- ☐ To prepare sauce, combine sugar and the remaining ingredients in a small bowl, stirring with a whisk until sugar dissolves.
- ☐ Serve sauce with rolls.

Nutrition Facts



Properties

Glycemic Index:26.37, Glycemic Load:1.64, Inflammation Score:-10, Nutrition Score:13.860000035037%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 0.79mg, Hesperetin: 0.79mg, Hesperetin: 0.79mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 283.9kcal (14.2%), Fat: 0.32g (0.49%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 68.33g (22.78%), Net Carbohydrates: 66.23g (24.09%), Sugar: 3.71g (4.12%), Cholesterol: 0.23mg (0.08%), Sodium: 391.89mg (17.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.17g (4.34%), Vitamin A: 4860.91IU (97.22%), Vitamin K: 76.57µg (72.93%), Folate: 66.51µg (16.63%), Iron: 2.76mg (15.35%), Manganese: 0.3mg (15.02%), Vitamin B1: 0.18mg (12.07%), Vitamin C: 9.34mg (11.32%), Selenium: 7.2µg (10.29%), Fiber: 2.1g (8.39%), Potassium: 272.61mg (7.79%), Vitamin B6: 0.15mg (7.52%), Magnesium: 26.65mg (6.66%), Phosphorus: 62.13mg (6.21%), Calcium: 59.77mg (5.98%), Copper: 0.12mg (5.95%), Vitamin B2: 0.09mg (5.16%), Vitamin B3: 0.94mg (4.69%), Zinc: 0.58mg (3.89%), Vitamin B5: 0.28mg (2.85%), Vitamin E: 0.37mg (2.49%)