



Barbecue-Peach Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



35

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado ripe thinly sliced
- ☐ 12 bibb lettuce leaves
- ☐ 1 cucumber english cut into thin strips
- ☐ 1 apples i use 2 granny smith apples peeled cut into thin strips
- ☐ 1.5 cups torn mint fresh
- ☐ 2 small peaches peeled thinly sliced
- ☐ 35 servings pepper-peanut sauce sweet
- ☐ 1 pound barbecued pork shredded (without sauce)

- ☐ 12 sheets round rice paper (8- to 9-inch)
- ☐ 35 servings water hot

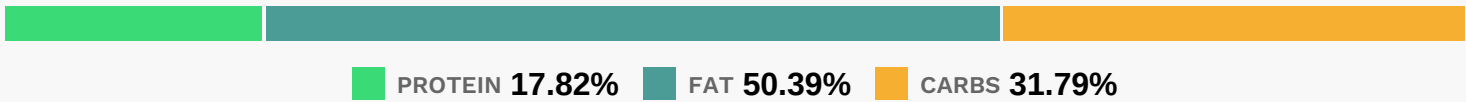
Equipment

- ☐ paper towels

Directions

- ☐ Pour hot water to depth of 1 inch into a large shallow dish. Dip 1 rice paper sheet in hot water briefly to soften (about 15 to 20 seconds). Pat dry with paper towels.
- ☐ Place softened rice paper on a flat surface.
- ☐ Place 1 or 2 peach slices in center of rice paper; top with 1 lettuce leaf, 2 cucumber strips, 1 avocado slice, about 3 Tbsp. pork, 3 or 4 apple strips, and 1 1/2 to 2 Tbsp. herbs. Fold sides over filling, and roll up, burrito style.
- ☐ Place roll, seam side down, on a serving platter. Cover with damp paper towels to keep from drying out.
- ☐ Repeat procedure with remaining rice paper and filling ingredients.
- ☐ Serve with Sweet Pepper-Peanut Sauce.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0.49, Inflammation Score:-3, Nutrition Score:3.6504348153653%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 68.02kcal (3.4%), Fat: 3.87g (5.95%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 5.49g (1.83%), Net Carbohydrates: 4.53g (1.65%), Sugar: 1.57g (1.74%), Cholesterol: 9.73mg (3.24%), Sodium: 61.15mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin B1: 0.13mg (8.76%), Vitamin K: 8.21µg (7.82%), Selenium: 4.68µg (6.69%), Vitamin A: 298.2IU (5.96%), Vitamin B3: 1.03mg (5.14%), Manganese: 0.08mg (4.14%), Vitamin B2: 0.07mg (4.09%), Folate: 16.29µg (4.07%), Vitamin B6: 0.08mg (3.99%), Copper: 0.08mg (3.95%), Fiber: 0.95g (3.82%), Phosphorus: 36.64mg (3.66%), Potassium: 119.14mg (3.4%), Zinc: 0.45mg (2.97%), Magnesium: 11.57mg (2.89%), Iron: 0.51mg (2.85%), Vitamin C: 2.25mg (2.73%), Vitamin B5: 0.22mg (2.18%), Calcium: 20.16mg (2.02%), Vitamin B12: 0.09µg (1.53%), Vitamin E: 0.19mg (1.3%)