



Basil Spring Rolls with Asian Dipping Sauce

 Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 6 servings asian dipping sauce
- ☐ 12 basil leaves
- ☐ 0.3 cup julienne-cut bell pepper yellow
- ☐ 0.3 cup julienne-cut carrot
- ☐ 0.3 cup julienne-cut cucumber english
- ☐ 0.3 cup bean sprouts fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped

- ☐ 1 ounce rice noodles uncooked
- ☐ 8 inch sheets round rice paper 8-inch
- ☐ 2 tablespoons rice wine vinegar divided
- ☐ 0.5 cup romaine lettuce shredded
- ☐ 0.3 pound shrimp deveined cooked peeled halved lengthwise

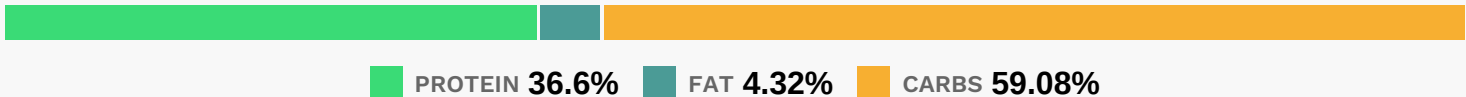
Equipment

- ☐ bowl

Directions

- ☐ Place noodles in a small bowl; cover with boiling water.
- ☐ Let stand 1 minute, and drain.
- ☐ Place cucumber and carrot in separate small bowls; add 1 tablespoon rice wine vinegar to each bowl, and let stand while cutting and measuring remaining ingredients.
- ☐ Combine cucumber, carrot, bell pepper, and bean sprouts. Divide into 6 piles.
- ☐ Place 1 inch hot water in a large shallow dish.
- ☐ Add 1 sheet rice paper to dish; let stand 30 seconds or until soft.
- ☐ Remove rice paper from dish, and place 2 basil leaves in center of paper. Top with about 2 tablespoons cooked rice noodles and 4 shrimp halves.
- ☐ Sprinkle with 2 teaspoons cilantro and 2 teaspoons mint. Pack 1 pile of bell pepper mixture tightly, and place on top of herbs.
- ☐ Place about 1 tablespoon shredded lettuce next to bell pepper mixture.
- ☐ Fold sides of rice paper over filling; roll up tightly, jelly-roll fashion. Gently press seam to seal.
- ☐ Place spring roll, seam side down, on a serving platter (cover to keep from drying). Repeat procedure 5 times.
- ☐ Serve with Asian Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:42.81, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:4.7565217406853%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 52.56kcal (2.63%), Fat: 0.25g (0.38%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 7g (2.55%), Sugar: 0.6g (0.66%), Cholesterol: 30.73mg (10.24%), Sodium: 134.45mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.55%), Vitamin A: 1417.44IU (28.35%), Vitamin C: 13.48mg (16.34%), Vitamin K: 12.25µg (11.66%), Manganese: 0.12mg (6.16%), Phosphorus: 60.75mg (6.07%), Copper: 0.11mg (5.7%), Folate: 17.56µg (4.39%), Magnesium: 15.25mg (3.81%), Potassium: 126.31mg (3.61%), Iron: 0.52mg (2.89%), Fiber: 0.71g (2.82%), Zinc: 0.4mg (2.69%), Selenium: 1.87µg (2.68%), Calcium: 26.7mg (2.67%), Vitamin B1: 0.03mg (2.29%), Vitamin B3: 0.42mg (2.1%), Vitamin B2: 0.03mg (2.05%), Vitamin B6: 0.04mg (1.83%)