



## Beef Spring Rolls with Carrots and Cilantro

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



55 min.

SERVINGS



4

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup carrots shredded
- 1 cup lightly cilantro fresh packed
- 1 pound top round steak
- 3 tablespoons stir-fry sauce and marinade
- 8 9-inch rice paper wrappers

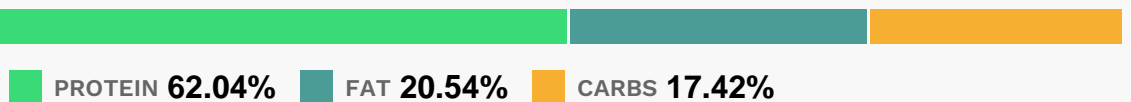
### Equipment

- bowl
- frying pan

## Directions

- Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips.
- Combine 1/4 cup stir-fry sauce and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.
- Heat large nonstick skillet over medium-high heat until hot.
- Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.)
- Remove from skillet. Repeat with remaining beef.
- Fill large bowl with warm water. Dip 1 rice paper wrapper into water for a few seconds or just until moistened. Rice paper will still be firm but will continue to soften during assembly.
- Place on work surface.
- Spoon 1/4 cup beef, 2 tablespoons carrots and 2 tablespoons cilantro evenly in a row across center of wrapper, leaving 1-inch border on right and left sides; drizzle with about 1 teaspoon reserved stir-fry sauce. Fold right and left sides of wrapper over filling. Fold bottom edge up over filling and roll up tightly. Repeat with remaining wrappers and filling ingredients.
- Cut each spring roll diagonally in half.
- Serve with additional stir-fry sauce, if desired.

## Nutrition Facts



## Properties

Glycemic Index:19.71, Glycemic Load:1.03, Inflammation Score:-10, Nutrition Score:19.216521771058%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

## Nutrients (% of daily need)

Calories: 179.87kcal (8.99%), Fat: 3.96g (6.09%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 6.51g (2.37%), Sugar: 4.15g (4.61%), Cholesterol: 69.35mg (23.12%), Sodium: 242.93mg (10.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.91g (53.82%), Vitamin A: 5616.12IU (112.32%), Selenium:

36.81µg (52.58%), Vitamin B3: 8.27mg (41.34%), Vitamin B6: 0.82mg (41.03%), Zinc: 5.29mg (35.29%), Phosphorus: 268.75mg (26.88%), Vitamin B12: 1.53µg (25.52%), Vitamin K: 17.98µg (17.13%), Potassium: 547.85mg (15.65%), Iron: 2.47mg (13.71%), Vitamin B2: 0.2mg (11.72%), Vitamin B1: 0.14mg (9.46%), Vitamin B5: 0.88mg (8.81%), Magnesium: 33.63mg (8.41%), Copper: 0.15mg (7.38%), Folate: 26.16µg (6.54%), Manganese: 0.09mg (4.57%), Vitamin E: 0.64mg (4.27%), Fiber: 1.04g (4.18%), Calcium: 39.13mg (3.91%), Vitamin C: 2.97mg (3.6%)