



Cambodian Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chile paste with garlic
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 0.3 cup hoisin sauce
- ☐ 3 cups lettuce shredded red

- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 6 ounces rice noodles uncooked
- ☐ 8 inch sheets round rice paper (8-inch)
- ☐ 1 pound shrimp
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 6 cups water

Equipment

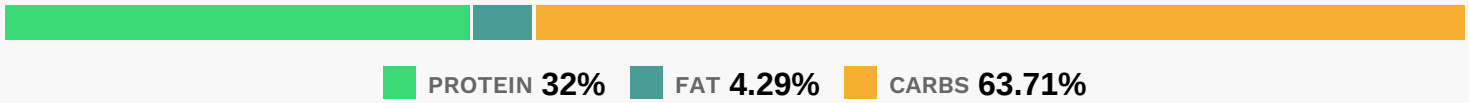
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare rolls, bring 6 cups water to a boil in a large saucepan.
- ☐ Add the shrimp; cook 3 minutes or until done.
- ☐ Drain and rinse with cold water. Peel shrimp; chill.
- ☐ Place rice noodles in a large bowl; cover with boiling water.
- ☐ Let stand 8 minutes; drain.
- ☐ Add cold water to a large, shallow dish to a depth of 1 inch.
- ☐ Place 1 rice paper sheet in water.
- ☐ Let stand 2 minutes or until soft.
- ☐ Place rice paper sheet on a flat surface.
- ☐ Spread 1 teaspoon hoisin sauce in the center of sheet; top with 2 to 3 shrimp, 1/4 cup lettuce, about 1/4 cup rice noodles, 1 teaspoon basil, and 1 teaspoon mint. Fold sides of sheet over filling, roll up jelly-roll fashion, and gently press seam to seal.
- ☐ Place roll, seam side down, on a serving platter; cover to keep from drying. Repeat procedure with remaining rice paper, hoisin sauce, shrimp, lettuce, rice noodles, basil, and mint.

To prepare dipping sauce, combine soy sauce and remaining ingredients in a small bowl; stir with a whisk.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:8.14, Inflammation Score:-4, Nutrition Score:4.268695641228%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 116.26kcal (5.81%), Fat: 0.55g (0.85%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 18.45g (6.15%), Net Carbohydrates: 17.81g (6.48%), Sugar: 3.72g (4.13%), Cholesterol: 61.18mg (20.39%), Sodium: 436.75mg (18.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.53%), Phosphorus: 121.85mg (12.18%), Vitamin A: 597.82IU (11.96%), Vitamin K: 12.13µg (11.56%), Copper: 0.2mg (10.07%), Manganese: 0.17mg (8.74%), Magnesium: 25.08mg (6.27%), Zinc: 0.75mg (4.97%), Potassium: 163.63mg (4.68%), Selenium: 2.92µg (4.17%), Calcium: 41.64mg (4.16%), Iron: 0.67mg (3.7%), Vitamin B2: 0.05mg (2.82%), Folate: 10.6µg (2.65%), Fiber: 0.64g (2.54%), Vitamin C: 1.59mg (1.93%), Vitamin B3: 0.33mg (1.64%), Vitamin B6: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.55%)