



Cambodian Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



99 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon chile paste with garlic (such as sambal oelek)
- ☐ 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
- ☐ 4 ounces rice noodles uncooked
- ☐ 8 inch sheets round rice paper (8-inch)
- ☐ 1 pound shrimp unpeeled
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water
- ☐ 6 cups water

Equipment

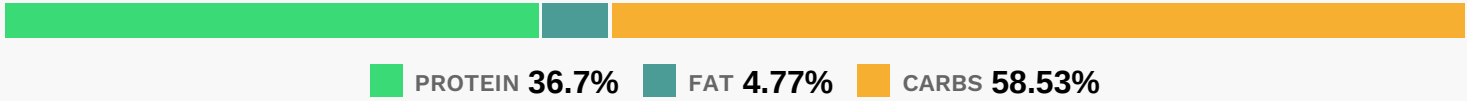
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare rolls, bring 6 cups water to a boil in a large saucepan.
- ☐ Add the shrimp to pan; cook 3 minutes or until done.
- ☐ Drain and rinse with cold water; drain. Peel shrimp; chill.
- ☐ Place noodles in a large bowl; cover with boiling water.
- ☐ Let stand for 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 3 shrimp, 1/4 cup lettuce, about 2 1/2 tablespoons 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, shredded lettuce, 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:5.9, Inflammation Score:-4, Nutrition Score:4.0782609080653%

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: 99.06kcal (4.95%), Fat: 0.53g (0.81%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.96g (5.08%), Sugar: 3.72g (4.13%), Cholesterol: 61.18mg (20.39%), Sodium: 428.15mg (18.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin A: 597.82IU (11.96%), Vitamin K: 12.13µg (11.56%), Phosphorus: 114.62mg (11.46%), Copper: 0.2mg (9.89%), Manganese: 0.15mg (7.56%), Magnesium: 24.51mg (6.13%), Zinc: 0.71mg (4.73%), Potassium: 162.21mg (4.63%), Calcium: 40.79mg (4.08%), Iron: 0.63mg (3.52%), Selenium: 2.21µg (3.15%), Vitamin B2: 0.05mg (2.78%), Folate: 10.46µg (2.62%), Fiber: 0.56g (2.24%), Vitamin C: 1.59mg (1.93%), Vitamin B3: 0.32mg (1.59%), Vitamin B6: 0.03mg (1.54%), Vitamin B1: 0.02mg (1.45%)