



Crisp Tofu, Shiitake, and Spinach Summer Rolls



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 Leaves cilantro leaves
- ☐ 2 medium garlic clove minced
- ☐ 4 spring onion sliced
- ☐ 1 Leaves mint leaves
- ☐ 0.3 cup olive oil divided
- ☐ 6 you will also need: parchment paper (8 in. diameter)
- ☐ 1 teaspoon sesame oil toasted

- ☐ 0.5 pound mushroom caps sliced
- ☐ 1 teaspoon soya sauce
- ☐ 2 cups pkt spinach loosely packed stemmed (not baby)
- ☐ 10 oz tofu firm

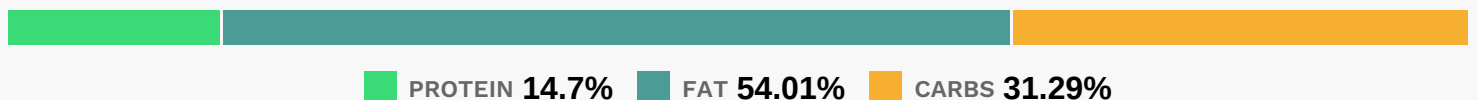
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Cut tofu into 1/4-in.-thick slices, then gently press dry between doubled paper towels.
- ☐ Whisk 2 tbsp. grapeseed oil, garlic, sesame oil, and soy sauce in a wide, shallow bowl. Dip tofu slices in marinade to coat both sides.
- ☐ Heat 1 tbsp. grapeseed oil in a frying pan over medium heat; cook tofu until golden and crisp, 15 minutes.
- ☐ Let cool; slice lengthwise into thin strips.
- ☐ Meanwhile, heat remaining 1 tbsp. grapeseed oil in frying pan over medium-high heat.
- ☐ Add mushrooms and cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Dip a rice paper wrapper in warm water for a few seconds--just until it's pliable.
- ☐ Lay on plate and let sit 10 to 15 seconds, so the water soaks in.
- ☐ Layer one-sixth of fillings on the bottom third of the wrapper, starting with spinach.
- ☐ Lift filled edge up and over fillings and keep rolling it away from you, tucking fillings in firmly but gently and folding in the sides. (Stretching the wrapper as you roll helps.) Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:4.18, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:1.4239130361087%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 26.7kcal (1.34%), Fat: 1.64g (2.52%), Saturated Fat: 0.22g (1.36%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.17g (0.19%), Cholesterol: 0.23mg (0.08%), Sodium: 23.93mg (1.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (2.01%), Vitamin K: 9.45µg (9%), Vitamin A: 137.57IU (2.75%), Manganese: 0.04mg (2.22%), Vitamin B3: 0.35mg (1.77%), Folate: 6.15µg (1.54%), Selenium: 1.04µg (1.49%), Vitamin B2: 0.02mg (1.43%), Vitamin E: 0.21mg (1.38%), Iron: 0.25mg (1.37%), Calcium: 11.55mg (1.16%), Fiber: 0.28g (1.13%), Vitamin B1: 0.02mg (1.06%), Vitamin B6: 0.02mg (1.04%)