



Crunchy Cucumber Summer Rolls



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

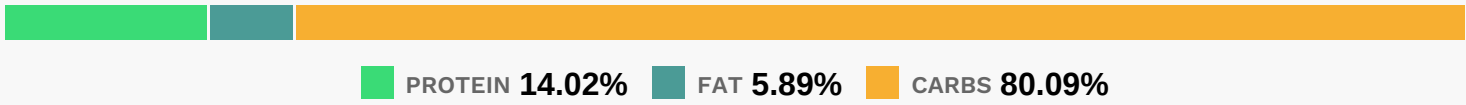
- ☐ 2 medium carrots cut into julienne
- ☐ 2 a 10-in. length of cucumber english cut into julienne
- ☐ 1 Leaves tender stems of 1/2 bunch mint fresh
- ☐ 6 rice paper wrappers (8 in. diameter)
- ☐ 1 Leaves tender stems of 1 bunch watercress

Equipment

Directions

- ☐ 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 watercress.
- ☐ 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:3.13, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:1.5691304366388%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 15.13kcal (0.76%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.47g (0.52%), Cholesterol: 0.34mg (0.11%), Sodium: 24.96mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin A: 695.44IU (13.91%), Manganese: 0.04mg (2.24%), Vitamin K: 2.06µg (1.96%), Vitamin B1: 0.03mg (1.91%), Folate: 6.85µg (1.71%), Selenium: 1.1µg (1.57%), Fiber: 0.32g (1.29%), Vitamin B2: 0.02mg (1.28%), Vitamin B3: 0.25mg (1.27%), Potassium: 43.45mg (1.24%), Vitamin C: 0.89mg (1.08%), Copper: 0.02mg (1.08%), Iron: 0.18mg (1.02%)