



## Easy To Make Spring Rolls

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup basil canned
- 0.5 cup basil canned
- 1 small head boston lettuce roughly chopped
- 1 small pepper flakes finely chopped
- 0.3 cup fish sauce
- 0.5 cup coriander leaves (cilantro)
- 1 clove garlic
- 2 tablespoons juice of lime fresh

- 0.5 cup mint leaves
- 4 servings bell pepper red thinly sliced
- 0.3 cup rice vinegar
- 8 large shrimp cooked
- 8 8-inch you will also need: parchment paper ( )
- 1 tablespoon sugar
- 0.3 cup water
- 4 servings frangelico (dipping sauce)
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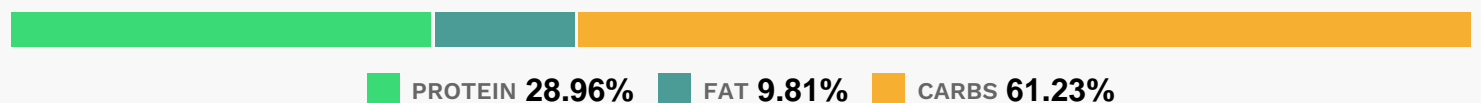
## Equipment

- bowl

## Directions

- Have all the ingredients ready for assembly. In a large bowl filled with water, dip a wrapper in the water. The rice wrapper will begin to soften and this is your cue to remove it from the water and lay it flat.
- Place 2 shrimp halves in a row across the center and top with basil, mint, cilantro and lettuce. Leave about 1 to 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining wrappers and ingredients.
- Cut and serve at room temperature with dipping sauce. The Culinary Chases Note: The rice wrapper can be fussy to handle if you let it soak too long. I usually give it a couple of swishes in the water and then remove. It may feel slightly stiff but by the time you are ready to roll up, the wrapper will become very pliable. A typical spring roll contains cooked rice vermicelli, slivers of cooked pork and julienned carrots but you can use whatever suits your fancy. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:91.77, Glycemic Load:3.52, Inflammation Score:-10, Nutrition Score:40.346956521739%

## Flavonoids

Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg, Eriodictyol: 1.9mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Taste

Sweetness: 100%, Saltiness: 23.98%, Sourness: 6.07%, Bitterness: 16.79%, Savoriness: 2.24%, Fattiness: 20.86%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 162.3kcal (8.12%), Fat: 2.02g (3.11%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 22.47g (8.17%), Sugar: 9.94g (11.04%), Cholesterol: 32.38mg (10.79%), Sodium: 1245.27mg (54.14%), Protein: 13.41g (26.82%), Vitamin K: 473.92µg (451.35%), Vitamin C: 286.05mg (346.73%), Vitamin A: 6080.67IU (121.61%), Manganese: 2.27mg (113.39%), Iron: 14.28mg (79.36%), Magnesium: 264.27mg (66.07%), Potassium: 1769.23mg (50.55%), Calcium: 437.64mg (43.76%), Folate: 168.02µg (42%), Copper: 0.7mg (34.98%), Vitamin B2: 0.58mg (34.1%), Vitamin B1: 0.46mg (30.93%), Vitamin B6: 0.57mg (28.71%), Vitamin B3: 4.79mg (23.95%), Phosphorus: 235.64mg (23.56%), Fiber: 5.88g (23.54%), Selenium: 11.15µg (15.93%), Zinc: 2.13mg (14.22%), Vitamin E: 1.7mg (11.32%), Vitamin B5: 0.38mg (3.83%), Vitamin B12: 0.07µg (1.17%)