



Turkey, Bacon, and Avocado Summer Rolls



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large avocado ripe thinly sliced
- ☐ 0.5 bunch thai basil
- ☐ 6 slices bacon cooked
- ☐ 4 ounces jicama peeled cut into julienne (from 1 small)
- ☐ 1 jalapeno green red seeded very thinly sliced
- ☐ 6 you will also need: parchment paper (8 in. diameter)
- ☐ 6 the of 1 cos lettuce
- ☐ 0.3 onion sweet such as maui, very thinly sliced

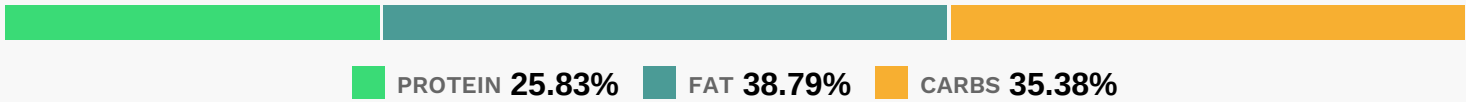
7 oz turkey breast whole cooked

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 lettuce.
- 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:5.67, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:2.978695637506%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 39.44kcal (1.97%), Fat: 1.74g (2.67%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 2.72g (0.99%), Sugar: 0.35g (0.38%), Cholesterol: 5.5mg (1.83%), Sodium: 63.58mg (2.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin A: 512.29IU (10.25%), Vitamin K: 7.79µg (7.41%), Vitamin B3: 1.18mg (5.91%), Selenium: 3.48µg (4.97%), Folate: 18.06µg (4.52%), Vitamin B6: 0.09mg (4.5%), Fiber: 0.85g (3.42%), Phosphorus: 31.76mg (3.18%), Vitamin C: 2.48mg (3.01%), Vitamin B1: 0.04mg (2.78%), Manganese: 0.05mg (2.5%), Vitamin B2: 0.04mg (2.49%), Potassium: 84.28mg (2.41%), Vitamin B5: 0.18mg (1.8%), Iron: 0.31mg (1.71%), Magnesium: 6.53mg (1.63%), Zinc: 0.23mg (1.53%), Copper: 0.03mg (1.53%), Vitamin E: 0.18mg (1.19%)