



HEALTH SCORE

86%

Fresh Spring Rolls with Dipping Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups alfalfa sprouts fresh
- ☐ 36 strips julienne-cut bell pepper yellow (2-inch)
- ☐ 36 strips julienne-cut carrot (2-inch)
- ☐ 1 tablespoon chile paste with garlic
- ☐ 36 strips julienne-cut cucumber (2-inch)
- ☐ 1 tablespoon fish sauce
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 36 mint leaves fresh

- ☐ 2 garlic cloves minced
- ☐ 3 leaf lettuce leaves green quartered
- ☐ 2 tablespoons juice of lime fresh
- ☐ 8 inch sheets round rice paper (8-inch)
- ☐ 24 medium shrimp cooked peeled halved lengthwise
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon water

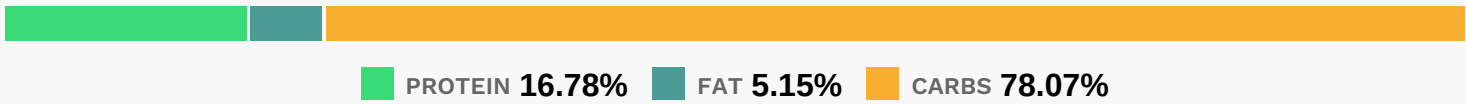
Equipment

- ☐ whisk

Directions

- ☐ To prepare sauce, combine first 7 ingredients, stirring with a whisk until sugar dissolves; set aside.
- ☐ To prepare spring rolls, add hot water to a large, shallow dish to a depth of 1 inch.
- ☐ Place 1 rice paper sheet in dish; let stand 30 seconds or just until soft.
- ☐ Place rice paper sheet on a flat surface. Arrange 1 lettuce piece in center of sheet. Top with 1/4 cup sprouts, 3 carrot strips, 3 cucumber strips, 3 bell pepper strips, 4 shrimp halves, and 3 mint leaves. Fold sides of sheet over filling; roll up jelly-roll fashion. Gently press seam to seal.
- ☐ Place spring roll, seam side down, on a serving platter (cover to prevent drying).
- ☐ Repeat procedure with remaining rice paper, lettuce, sprouts, carrot, cucumber, bell pepper, shrimp, and mint.
- ☐ Serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:29.49, Glycemic Load:23.83, Inflammation Score:-10, Nutrition Score:41.035217430281%

Flavonoids

Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg, Eriodictyol: 1.96mg Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg, Hesperetin: 1.06mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 370.85kcal (18.54%), Fat: 2.28g (3.51%), Saturated Fat: 0.32g (2.03%), Carbohydrates: 77.85g (25.95%), Net Carbohydrates: 56.1g (20.4%), Sugar: 35.94g (39.93%), Cholesterol: 64.7mg (21.57%), Sodium: 812.31mg (35.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.73g (33.46%), Vitamin A: 122680.85IU (2453.62%), Vitamin C: 106.23mg (128.76%), Vitamin K: 102.8µg (97.9%), Fiber: 21.75g (86.99%), Potassium: 2604.37mg (74.41%), Manganese: 1.25mg (62.57%), Vitamin B6: 1.11mg (55.6%), Folate: 166.31µg (41.58%), Vitamin B3: 7.97mg (39.87%), Phosphorus: 373.42mg (37.34%), Vitamin B1: 0.54mg (35.69%), Vitamin E: 4.86mg (32.38%), Magnesium: 122.83mg (30.71%), Calcium: 297.59mg (29.76%), Copper: 0.59mg (29.27%), Vitamin B2: 0.49mg (28.8%), Vitamin B5: 2.2mg (21.97%), Iron: 3.21mg (17.85%), Zinc: 2.63mg (17.52%), Selenium: 2.35µg (3.35%)