



Fresh Spring Rolls with Pork, Mango, and Mesclun

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



451 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tbsp chili paste depending on your taste pref
- ☐ 1 lb mangos peeled sliced lengthwise into 24 pieces
- ☐ 5 cups the salad loosely packed
- ☐ 0.5 cup peanut butter
- ☐ 1 lb pork tenderloin thick cooked sliced
- ☐ 3.5 ounces vermicelli
- ☐ 12 you will also need: parchment paper (bánh tráng; 8 in. wide)

☐ 1 tablespoon sugar

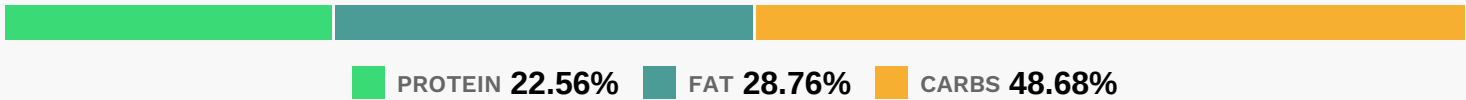
Equipment

- ☐ bowl
- ☐ blender
- ☐ kitchen scissors

Directions

- ☐ Boil 5 cups water.
- ☐ Pour 2 cups over noodles in a bowl.
- ☐ Let sit until softened, 5 minutes, then drain and snip with scissors into 3-in. lengths.
- ☐ Pour 1/2 cup hot water into a pie plate. Working with 1 wrapper at a time, dip into hot water to soften just until flexible, about 20 seconds; then lay on a flat work surface.
- ☐ Put 2 mango slices in center of each wrapper, followed by a small handful of noodles, 2 pork slices, and a handful of lettuce leaves with stem ends pointing toward middle of wrapper.
- ☐ Roll tightly into a log, leaving ends open to expose lettuce tips.
- ☐ Cut in half crosswise. Repeat with remaining wrappers and fillings, replacing hot water as needed to soften wrappers.
- ☐ Pulse peanut butter, chili paste, sugar, and 1/2 cup water in a blender until smooth, about 20 seconds (makes about 1 cup).
- ☐ Serve as a dipping sauce.
- ☐ *Find in well-stocked grocery stores with the Asian ingredients.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:15, Inflammation Score:-8, Nutrition Score:23.999130176461%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Nutrients (% of daily need)

Calories: 451.19kcal (22.56%), Fat: 14.64g (22.53%), Saturated Fat: 3.26g (20.4%), Carbohydrates: 55.78g (18.59%), Net Carbohydrates: 52.58g (19.12%), Sugar: 14.86g (16.52%), Cholesterol: 52.56mg (17.52%), Sodium: 389.01mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.85g (51.7%), Vitamin B1: 1.01mg (67.21%), Selenium: 37.63µg (53.76%), Vitamin B3: 10.69mg (53.44%), Vitamin C: 35.7mg (43.28%), Vitamin B6: 0.81mg (40.44%), Manganese: 0.75mg (37.36%), Phosphorus: 337.73mg (33.77%), Vitamin B2: 0.49mg (28.83%), Folate: 96.79µg (24.2%), Vitamin A: 1209.12IU (24.18%), Magnesium: 77.9mg (19.47%), Vitamin E: 2.81mg (18.75%), Potassium: 649.35mg (18.55%), Zinc: 2.49mg (16.63%), Copper: 0.33mg (16.54%), Iron: 2.85mg (15.85%), Fiber: 3.2g (12.82%), Vitamin B5: 1.07mg (10.68%), Vitamin B12: 0.4µg (6.68%), Calcium: 49.14mg (4.91%), Vitamin K: 3.27µg (3.12%), Vitamin D: 0.23µg (1.51%)