



Fresh Spring Rolls With Thai Dipping Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1 medium carrots julienned
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 0.3 teaspoon ginger root grated
- ☐ 1 cup lettuce shredded
- ☐ 1 tablespoon soya sauce light
- ☐ 3 tablespoons mirin
- ☐ 1 tablespoon rice vinegar

- ☐ 12 medium shrimp shelled cooked
- ☐ 6 you will also need: parchment paper available in Asian markets

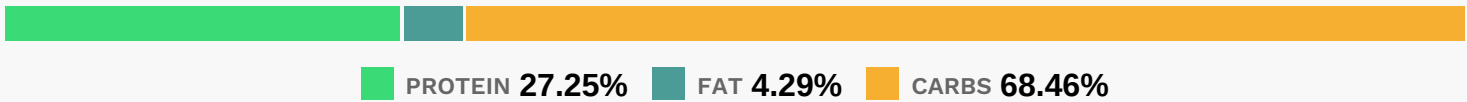
Equipment

- ☐ bowl
- ☐ paper towels

Directions

- ☐ In a bowl of cool water, soak a wrapper until limp.
- ☐ Lay wrapper out flat.
- ☐ Place 1/6 of each ingredient down middle of wrapper, starting with lettuce. Fold over each end and tightly roll the wrapper around the contents, as if making a burrito. Moisten at seam; press to close.
- ☐ Lay on plate, cover with moist paper towel and refrigerate until ready to serve. Then slice in two and serve with Quick Thai Dipping Sauce, below, or peanut sauce.
- ☐ To make the Quick Thai Dipping Sauce, combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:25.97, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:5.5947825881126%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 94.51kcal (4.73%), Fat: 0.45g (0.7%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 16.29g (5.43%), Net Carbohydrates: 15.39g (5.6%), Sugar: 2.93g (3.26%), Cholesterol: 33.91mg (11.3%), Sodium: 374.14mg (16.27%), Alcohol: 0.85g (100%), Alcohol %: 1.24% (100%), Protein: 6.49g (12.97%), Vitamin A: 1829.31IU (36.59%), Manganese: 0.19mg (9.28%), Selenium: 5.42µg (7.75%), Vitamin B1: 0.12mg (7.74%), Vitamin K: 7.79µg (7.42%), Phosphorus:

71.03mg (7.1%), Copper: 0.13mg (6.4%), Vitamin B3: 1.28mg (6.39%), Folate: 24.4µg (6.1%), Vitamin B2: 0.09mg (5.27%), Iron: 0.95mg (5.25%), Potassium: 145.22mg (4.15%), Magnesium: 15.76mg (3.94%), Fiber: 0.9g (3.6%), Zinc: 0.48mg (3.22%), Calcium: 30.16mg (3.02%), Vitamin B6: 0.04mg (1.89%), Vitamin C: 1.55mg (1.88%)