



## Fresh Vegetable Rolls



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



64 kcal

## Ingredients

- ☐ 2 cups bok choy shredded
- ☐ 1 cup carrots shredded
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 0.8 cup bean sprouts fresh rinsed drained
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup hoisin sauce

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 5 mushrooms dried black
- ☐ 8 inch sheets round rice paper (8-inch)
- ☐ 1 tablespoon rice vinegar
- ☐ 2 tablespoons sesame seed
- ☐ 2 teaspoons vegetable oil
- ☐ 3 tablespoons water

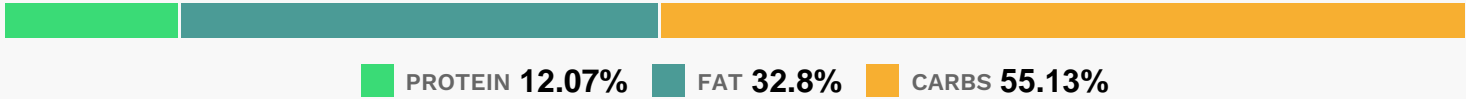
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ To prepare rolls, combine mushrooms and boiling water to cover in a bowl; cover and let stand 10 minutes.
- ☐ Drain and thinly slice mushrooms.
- ☐ Heat vegetable oil in a small nonstick skillet over medium-high heat.
- ☐ Add mushrooms, ginger, and garlic; stir-fry 2 minutes.
- ☐ Remove from heat.
- ☐ Combine the mushroom mixture, bok choy, carrot, bean sprouts, green onions, and sesame seeds in a large bowl; set aside.
- ☐ Add cold water to a large, shallow dish to a depth of 1 inch.
- ☐ Place 1 rice paper sheet in dish of water.
- ☐ Let stand 2 minutes or until soft.
- ☐ Place rice paper sheet on a flat surface. Spoon about 1/3 cup vegetable mixture in center of sheet. Fold sides of sheet over filling, and roll up jelly-roll fashion. Gently press seam to seal; place, seam side down, on a serving platter (cover to keep from drying). Repeat procedure with remaining rice paper and vegetable mixture. Slice each roll in half crosswise.
- ☐ To prepare sauce, combine hoisin sauce and remaining ingredients in a small bowl.
- ☐ Serve with rolls.

# Nutrition Facts



## Properties

Glycemic Index:20.07, Glycemic Load:0.62, Inflammation Score:-9, Nutrition Score:6.5286957302495%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

## Nutrients (% of daily need)

Calories: 64.37kcal (3.22%), Fat: 2.45g (3.77%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 9.26g (3.09%), Net Carbohydrates: 7.95g (2.89%), Sugar: 4.35g (4.83%), Cholesterol: 0.5mg (0.17%), Sodium: 356.68mg (15.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.05%), Vitamin A: 2353.46IU (47.07%), Vitamin K: 19.03µg (18.12%), Vitamin C: 8.08mg (9.8%), Manganese: 0.17mg (8.27%), Copper: 0.13mg (6.33%), Folate: 25.02µg (6.26%), Vitamin B2: 0.1mg (6.17%), Fiber: 1.3g (5.2%), Vitamin B6: 0.09mg (4.63%), Vitamin B3: 0.88mg (4.4%), Magnesium: 17.56mg (4.39%), Potassium: 153.43mg (4.38%), Phosphorus: 42.86mg (4.29%), Iron: 0.73mg (4.07%), Calcium: 40.69mg (4.07%), Vitamin B1: 0.05mg (3.32%), Selenium: 2.23µg (3.18%), Zinc: 0.33mg (2.22%), Vitamin B5: 0.22mg (2.21%), Vitamin E: 0.24mg (1.61%)