



Fruishi Spring Rolls

 **Gluten Free**

READY IN



60 min.

SERVINGS



10

CALORIES



327 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 tablespoons cream of coconut
- ☐ 1 large grapefruit peeled
- ☐ 2 large oranges seedless peeled
- ☐ 2 large peaches fresh
- ☐ 1 cup plum preserves
- ☐ 10 rice paper wrappers
- ☐ 1 pinch salt
- ☐ 1 cup short-grain sushi rice

- ☐ 2 cups strawberries fresh sliced
- ☐ 1 cup vanilla yogurt to taste
- ☐ 1.8 cups water
- ☐ 0.3 cup as desired fresh

Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the peaches and cook uncovered until peel starts to come away, about 1 minute. Immediately immerse peaches in ice water for several minutes until cold to stop the cooking process. Once the peaches are cold remove from ice water; peel and discard peach skins and cut peaches into wedges.
- ☐ Bring water, rice, cream of coconut, and salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the rice is tender and liquid is absorbed, 20 to 25 minutes. Uncover saucepan and cool rice completely.
- ☐ Gently rinse rice paper wrapper until cool water and lay on a flat work surface. Spoon 2 tablespoons cooked rice in a line slightly off-center on the wrapper.
- ☐ Spread about 1 1/2 tablespoons of plum preserves over the rice.
- ☐ Spread a layer of strawberry slices atop the preserves, a layer of peaches atop the strawberries, a layer of orange sections atop the peaches, a layer of grapefruit atop the oranges, and fresh mint leaves atop the grapefruit. Fold opposing edges of the wrapper to overlap the filling.
- ☐ Roll 1 of the opposing edges around the filling into a burrito shape. Repeat with remaining wrappers, rice, and fruit.
- ☐ Cut rolls in half and serve with yogurt for dipping.

Nutrition Facts



Properties

Glycemic Index:28.48, Glycemic Load:29.29, Inflammation Score:-7, Nutrition Score:12.240869516912%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 10.26mg, Hesperetin: 10.26mg, Hesperetin: 10.26mg, Hesperetin: 10.26mg Naringenin: 16.55mg, Naringenin: 16.55mg, Naringenin: 16.55mg, Naringenin: 16.55mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 326.97kcal (16.35%), Fat: 2.11g (3.25%), Saturated Fat: 1.3g (8.14%), Carbohydrates: 72.1g (24.03%), Net Carbohydrates: 68g (24.73%), Sugar: 34.38g (38.2%), Cholesterol: 2.93mg (0.98%), Sodium: 150.39mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.3%), Vitamin C: 51.85mg (62.85%), Manganese: 0.51mg (25.27%), Folate: 94.63µg (23.66%), Vitamin B1: 0.29mg (19.32%), Fiber: 4.1g (16.41%), Selenium: 11.33µg (16.18%), Vitamin A: 643.14IU (12.86%), Vitamin B3: 2.48mg (12.38%), Vitamin B2: 0.2mg (11.86%), Iron: 2.03mg (11.25%), Phosphorus: 100.49mg (10.05%), Copper: 0.19mg (9.29%), Calcium: 90.24mg (9.02%), Potassium: 315.21mg (9.01%), Magnesium: 28.21mg (7.05%), Vitamin B5: 0.68mg (6.77%), Vitamin B6: 0.12mg (6.06%), Zinc: 0.77mg (5.1%), Vitamin E: 0.49mg (3.29%), Vitamin B12: 0.13µg (2.23%), Vitamin K: 1.71µg (1.63%)