



Fruit Spring Rolls



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons almonds sliced
- ☐ 0.3 cup mint leaves fresh packed finely chopped
- ☐ 0.3 cup mint leaves fresh packed finely chopped
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lime fresh 2 to 3 large limes
- ☐ 1 mangos peeled halved seeded cut into 1/ slices
- ☐ 1.5 cups pad thai noodles cooled cooked drained
- ☐ 48 inch rice paper rounds

- ☐ 6 medium strawberries stemmed

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the noodles in a medium bowl and add the honey and the mint. Using 2 forks, toss the ingredients together until the noodles are coated.
- ☐ Lay a damp kitchen or paper towel on a work surface. Soak a rice paper round in warm water for 20 to 30 seconds until softened.
- ☐ Put the rice paper on the damp towel.
- ☐ Add 1/4 cup of the noodle mixture in the center of the rice paper and form into a 3 by 2-inch rectangle. Using a paring knife, slice a strawberry lengthwise into 1/4-inch slices. Arrange the slices over the noodle mixture.
- ☐ Sprinkle 1 tablespoon almonds on top. Arrange 2 to 3 mango slices on top of the almonds.
- ☐ Roll the rice paper around the filling and seal the ends with a little water. Repeat with the remaining ingredients. Wrap the finished spring rolls in damp paper towels and store in the refrigerator.
- ☐ For the dipping sauce: In a small bowl, combine the mint, honey and lime juice.
- ☐ Pour into a serving bowl.
- ☐ Arrange the spring rolls on a platter and serve with the dipping sauce.
- ☐ Cook's Note: To toast the almonds, arrange in a single layer on a baking sheet.
- ☐ Bake in a preheated 350 degree F oven until lightly toasted, about 6 to 8 minutes. Cool completely before using.
- ☐ *Can be found at specialty Asian markets .

Nutrition Facts

PROTEIN 10.43% FAT 20.2% CARBS 69.37%

Properties

Glycemic Index:32.67, Glycemic Load:13.33, Inflammation Score:-6, Nutrition Score:10.584782530756%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.99mg, Pelargonidin: 2.99mg, Pelargonidin: 2.99mg, Pelargonidin: 2.99mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 245.31kcal (12.27%), Fat: 5.73g (8.82%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 41.01g (14.91%), Sugar: 17.92g (19.91%), Cholesterol: 1.83mg (0.61%), Sodium: 119.62mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.31%), Manganese: 0.62mg (31.05%), Vitamin C: 23.9mg (28.97%), Selenium: 16µg (22.85%), Vitamin E: 2.94mg (19.63%), Vitamin B2: 0.23mg (13.67%), Fiber: 3.26g (13.03%), Magnesium: 48.11mg (12.03%), Copper: 0.24mg (12.02%), Folate: 47.86µg (11.96%), Vitamin A: 542.02IU (10.84%), Phosphorus: 105.33mg (10.53%), Vitamin B1: 0.16mg (10.51%), Vitamin B3: 2.09mg (10.46%), Iron: 1.61mg (8.96%), Potassium: 240.21mg (6.86%), Calcium: 56.69mg (5.67%), Zinc: 0.8mg (5.31%), Vitamin B6: 0.1mg (4.99%), Vitamin B5: 0.23mg (2.34%), Vitamin K: 1.79µg (1.7%)