



Gluten Free Vegetarian Spring Rolls With Thai-Style Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.3 ounces vermicelli dry thin (rice noodles)
- 1.3 ounces vermicelli dry thin (rice noodles)
- 1.3 cups carrots shredded
- 1.3 cups cabbage shredded
- 2 spring onion white green very thin sliced (and parts)
- 15 basil fresh chopped
- 15 basil fresh chopped

- 15 mint leaves fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 cup peanuts crushed
- 1 tablespoon ginger fresh grated
- 1 tablespoon soya sauce gluten free (Tamari)
- 0.5 tablespoon juice of lime fresh
- 1 teaspoon sesame oil dark toasted ()
- 1 t you will also need: parchment paper gluten free (8-inch)
- 0.5 cup water
- 0.5 tablespoon sugar
- 0.5 cup creamy peanut butter (I use Earth Balance Natural Creamy Peanut Butter)
- 1.5 tablespoons soya sauce gluten free (Tamari)
- 1 tablespoon coconut milk
- 1 tablespoon juice of lime fresh
- 1 teaspoon chili paste depending on your taste pref sweet chinese
- 1 large clove garlic finely chopped

Equipment

- bowl
- whisk
- pot

Directions

- Bring a large pot of water to boil over high heat.
- Remove from heat and stir in the rice noodles.
- Let stand 10 minutes, stirring occasionally, or until soft and opaque.
- Drain and rinse under cold water for 30 seconds; drain again.
- Cut into 1-inch lengths and transfer to a large bowl.

- Add all of the remaining ingredients, except the rice papers and sauce, to the noodles and mix well.
- Prepare a bowl of warm water large enough to dip the rice papers. Working with one at a time, dip the rice paper in the warm water until it begins to soften, 8–10 seconds.
- Transfer to a flat work surface. Working quickly, put about 1/4 cup filling on each wrapper. Fold the bottom of the wrapper up over the filling, and then fold each side toward the center.
- Roll from the bottom to the top of each roll, as tightly as you can without ripping the wrapper. Wrap in plastic to keep from drying out. Repeat with remaining wrappers and filling.
- In a small bowl, combine the warm water and sugar, stirring until the sugar is dissolved.
- Add the remaining ingredients, whisking until smooth and well blended.
- Serve at room temperature.

Nutrition Facts

PROTEIN 12.93% **FAT 52.74%** **CARBS 34.33%**

Properties

Glycemic Index:45.41, Glycemic Load:3.28, Inflammation Score:-8, Nutrition Score:5.9873913043478%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Taste

Sweetness: 81.83%, Saltiness: 64.3%, Sourness: 29.3%, Bitterness: 65%, Savoriness: 32.49%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 99.67kcal (4.98%), Fat: 6.17g (9.5%), Saturated Fat: 1.3g (8.13%), Carbohydrates: 9.04g (3.01%), Net Carbohydrates: 7.69g (2.8%), Sugar: 2.15g (2.39%), Cholesterol: 0.03mg (0.01%), Sodium: 225.24mg (9.79%), Protein: 3.4g (6.81%), Vitamin A: 1893.4IU (37.87%), Manganese: 0.29mg (14.58%), Vitamin K: 12.72µg (12.11%), Vitamin B3: 1.85mg (9.24%), Magnesium: 25.52mg (6.38%), Vitamin E: 0.89mg (5.92%), Phosphorus: 58.84mg (5.88%), Folate: 21.86µg (5.46%), Fiber: 1.35g (5.4%), Vitamin C: 4.14mg (5.02%), Copper: 0.09mg (4.3%), Vitamin

B6: 0.08mg (4.18%), Potassium: 139.38mg (3.98%), Vitamin B1: 0.05mg (3.15%), Iron: 0.56mg (3.13%), Zinc: 0.39mg (2.62%), Vitamin B2: 0.04mg (2.38%), Selenium: 1.44µg (2.05%), Calcium: 20.42mg (2.04%), Vitamin B5: 0.2mg (2.02%)