



Hoisin Beef Spring Rolls

 Dairy Free

READY IN



66 min.

SERVINGS



10

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces bean threads
- ☐ 1 pound sirloin beef thick trimmed
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 carrots peeled cut into thin strips
- ☐ 1 cucumber peeled cut into thin strips
- ☐ 0.3 cup fish sauce
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon cilantro leaves fresh

- ☐ 1 tablespoon ginger fresh grated
- ☐ 0.3 cup mint leaves fresh
- ☐ 3 garlic cloves
- ☐ 1 head lettuce leaves red
- ☐ 2 tablespoons brown sugar light
- ☐ 2 mangoes peeled cut into thin strips
- ☐ 10 servings hoisin-peanut dipping sauce
- ☐ 8 spring roll skins dried
- ☐ 1 cup coconut milk unsweetened
- ☐ 1 tablespoon vegetable oil

Equipment

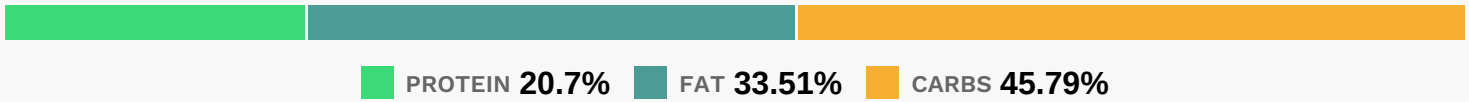
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ cutting board

Directions

- ☐ Place garlic in a blender; blend until minced.
- ☐ Add ginger and next 5 ingredients. Blend until smooth.
- ☐ Place beef in a large plastic zip-top storage bag; pour in garlic mixture, seal bag, and chill 6 hours or overnight.
- ☐ Remove beef from marinade, discarding marinade. Pat meat dry.
- ☐ Heat oil in a large heavy skillet over high heat. Sear beef 3 minutes on each side or until crisp and dark golden brown.
- ☐ Transfer to a cutting board, and let rest 10 minutes. Slice across the grain into 1/8-inch-thick strips.
- ☐ Soak cellophane noodles in hot water according to package directions.

- ☐ Fill a shallow pie plate or pan with warm water. Dampen a kitchen towel with water, wring dry, and place on a work surface. Slide 1 rice paper wrapper into water, and submerge for several seconds or until it begins to soften.
- ☐ Remove from water, and place on towel.
- ☐ Place a lettuce leaf at the base of the circle. Top with a pinch of cellophane noodles, several mango slices, cucumber strips, carrot strips, and 1 beef strip. Carefully wrap roll from the bottom up, keeping the roll as tight as possible. After 1 complete roll, place several cilantro leaves and mint leaves on the wrapper. Pull in the sides of the wrapper (like a burrito), and continue to wrap until roll is secure.
- ☐ Place on a very lightly greased platter, and cover with plastic wrap; repeat with remaining wrappers and filling. Slice rolls in half diagonally, and serve immediately with Hoisin-Peanut Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:25.46, Glycemic Load:3.23, Inflammation Score:-8, Nutrition Score:12.906956569008%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 244.25kcal (12.21%), Fat: 9.21g (14.17%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 26.29g (9.56%), Sugar: 9.92g (11.02%), Cholesterol: 26.32mg (8.77%), Sodium: 593.84mg (25.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.8g (25.61%), Vitamin A: 1576.63IU (31.53%), Selenium: 20.49µg (29.27%), Vitamin B3: 4.43mg (22.15%), Manganese: 0.44mg (21.91%), Vitamin C: 17.89mg (21.68%), Vitamin B6: 0.41mg (20.65%), Zinc: 2.32mg (15.47%), Phosphorus: 148.56mg (14.86%), Folate: 50.37µg (12.59%), Iron: 2.2mg (12.21%), Potassium: 394.79mg (11.28%), Vitamin B1: 0.17mg (11.11%), Copper: 0.22mg (11.02%), Magnesium: 43.04mg (10.76%), Vitamin B12: 0.6µg (9.96%), Vitamin B2: 0.15mg (9.08%), Vitamin K: 9.29µg (8.85%),

Fiber: 2.03g (8.12%), Vitamin B5: 0.53mg (5.35%), Vitamin E: 0.72mg (4.78%), Calcium: 42.35mg (4.23%)