



Lemon Grass and Chicken Summer Rolls



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



16

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup thinly-julienned cucumber seedless peeled
- ☐ 0.3 cup fish sauce
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 tablespoons ginger root fresh minced
- ☐ 0.3 cup mint leaves fresh minced
- ☐ 0.5 cup ground peanuts
- ☐ 2 tablespoons jalapeño chile fresh minced
- ☐ 1.5 tablespoons lemon grass minced

- ☐ 16 leaves lettuce red
- ☐ 3 tablespoons juice of lime
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 16 rice paper wrappers
- ☐ 1 tablespoon sesame oil
- ☐ 2 pounds chicken breast boneless skinless
- ☐ 0.3 cup thai basil leaves fresh minced
- ☐ 2 teaspoons sugar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

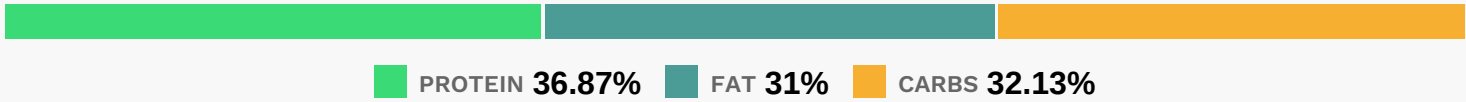
Directions

- ☐ Bring a large pot of lightly-salted water to a boil. Season the chicken with salt and cook in the boiling water until no longer pink in the center, 7 to 10 minutes.
- ☐ Transfer to a large platter and allow to cool completely in refrigerator. Shred into small pieces once cooled.
- ☐ Combine the shredded chicken, ginger, jalapeno pepper, cucumber, basil, mint, cilantro, lemon grass, and peanuts in a large mixing bowl; toss until evenly distributed.
- ☐ Whisk together the fish sauce, lime juice, sugar, sesame oil, and peanut oil in a small bowl; add to the chicken mixture and mix with your hands until evenly coated.
- ☐ Fill a shallow pan with hot water. Dip the rice paper wrappers in the hot water until soft one at a time.
- ☐ Spread the rice paper onto a clean, flat surface.
- ☐ Place 1 leaf of lettuce into the center of a sheet of rice paper; spread about 1/3 cup of the chicken mixture onto the lettuce leaf. Fold the bottom end of the rice paper over the top of

the mixture and then roll into a cylinder. Repeat until all ingredients are used.

 Cut into halves to serve.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:12.18391294583%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 170.34kcal (8.52%), Fat: 5.84g (8.98%), Saturated Fat: 1g (6.28%), Carbohydrates: 13.61g (4.54%), Net Carbohydrates: 12.52g (4.55%), Sugar: 0.91g (1.01%), Cholesterol: 38mg (12.67%), Sodium: 464.94mg (20.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.62g (31.24%), Vitamin B3: 7.87mg (39.35%), Selenium: 24.45µg (34.93%), Vitamin A: 1385.32IU (27.71%), Vitamin K: 27.27µg (25.97%), Vitamin B6: 0.49mg (24.57%), Manganese: 0.34mg (16.91%), Phosphorus: 160.45mg (16.04%), Vitamin B1: 0.18mg (12.05%), Folate: 40.2µg (10.05%), Magnesium: 37.96mg (9.49%), Vitamin B5: 0.95mg (9.47%), Potassium: 327.7mg (9.36%), Vitamin B2: 0.16mg (9.19%), Iron: 1.37mg (7.62%), Vitamin C: 4.9mg (5.94%), Copper: 0.1mg (5.07%), Fiber: 1.1g (4.38%), Zinc: 0.64mg (4.26%), Calcium: 27.9mg (2.79%), Vitamin E: 0.37mg (2.46%), Vitamin B12: 0.13µg (2.24%)