



## Mango Shrimp Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 teaspoons brown sugar packed
- 1 cucumber seedless cored peeled cut into 1/-thick matchsticks
- 48 cilantro leaves fresh (from 1 bunch)
- 48 mint leaves fresh (from 1 bunch)
- 3 tablespoons juice of lime fresh
- 1 pound mangos pitted peeled cut into 1/8-inch-thick matchsticks
- 3 ounces vermicelli
- 3 tablespoons rice vinegar

- 0.5 teaspoon salt
- 3 spring onion cut into 3-inch-long julienne strips
- 12 large shrimp (peeled per pound),
- 2 tablespoons sugar
- 2 tablespoons water

## Equipment

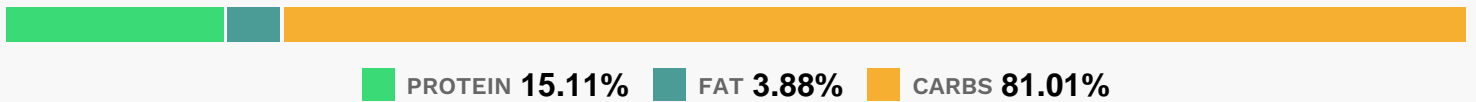
- bowl
- paper towels
- pot
- plastic wrap
- baking pan
- slotted spoon
- colander

## Directions

- Stir together all sauce ingredients in a small bowl until sugar is dissolved.
- Add shrimp to a 4- to 5-quart pot of boiling salted water then reduce heat and poach shrimp at a bare simmer, uncovered, until just cooked through, about 3 minutes.
- Transfer shrimp with a slotted spoon to a bowl of ice and cold water to stop cooking, then return shrimp cooking water to a boil. Chill shrimp in ice water 2 minutes, then drain and pat dry.
- Cut each shrimp in half lengthwise, deveining if necessary.
- Add noodles to boiling water and cook until just tender, about 3 minutes.
- Drain in a colander, then rinse under cold running water and drain well. Stir together vinegar, sugar, and salt in a large bowl until sugar is dissolved, then add noodles and toss to coat.
- Put a double thickness of paper towel on a work surface and fill a shallow baking pan with warm water. Check rice-paper rounds and use only those that have no holes. Soak 1 round in warm water until pliable, 30 seconds to 1 minute, then carefully transfer to paper towels.

- Arrange 3 shrimp halves (cut sides up) in a row across bottom third (part nearest you) of soaked rice paper.
- Spread 1/4 cup noodles on top of shrimp and arrange 3 cilantro leaves, 3 mint leaves, 8 cucumber matchsticks, 6 scallion strips, and 10 mango matchsticks horizontally on top of noodles. Fold bottom of rice paper over filling and begin rolling up tightly, stopping at halfway point. Arrange 3 more mint leaves and 3 more cilantro leaves along crease, then fold in ends and continue rolling.
- Transfer summer roll, seam side down, to a plate and cover with dampened paper towels. Make 7 more rolls in same manner and serve, whole or halved diagonally, with dipping sauce.
- \*Available at Asian markets and ethnicgrocer.com (866-438-4642).
- Summer rolls can be made 4 hours ahead and chilled, covered with dampened paper towels and then with plastic wrap. Bring to room temperature before serving.

## Nutrition Facts



■ **PROTEIN 15.11%**
■ **FAT 3.88%**
■ **CARBS 81.01%**

### Properties

Glycemic Index:36.73, Glycemic Load:11.16, Inflammation Score:-8, Nutrition Score:10.123043371283%

### Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

### Nutrients (% of daily need)

Calories: 118.28kcal (5.91%), Fat: 0.53g (0.82%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 25.07g (8.36%), Net Carbohydrates: 22.85g (8.31%), Sugar: 12.91g (14.34%), Cholesterol: 24.15mg (8.05%), Sodium: 192.76mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.35%), Vitamin K: 55.08µg (52.46%), Vitamin C: 29.37mg (35.6%), Vitamin A: 1765.18IU (35.3%), Manganese: 0.26mg (12.89%), Folate: 45.06µg (11.26%), Copper: 0.2mg (9.96%), Potassium: 310.7mg (8.88%), Fiber: 2.22g (8.88%), Phosphorus: 78.19mg (7.82%), Magnesium: 26.55mg (6.64%), Vitamin B6: 0.12mg (5.75%), Vitamin E: 0.86mg (5.72%), Iron: 0.95mg (5.28%), Calcium: 52.03mg

(5.2%), Vitamin B2: 0.08mg (4.48%), Zinc: 0.56mg (3.71%), Vitamin B3: 0.71mg (3.54%), Selenium: 2.26µg (3.23%),  
Vitamin B5: 0.31mg (3.15%), Vitamin B1: 0.05mg (3.08%)