



## Mango Shrimp Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



121 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 firm-ripe mango pitted peeled cut into 1/8-inch-thick matchsticks
- ☐ 3 ounces vermicelli rice-stick noodles
- ☐ 3 tablespoons rice vinegar

- ☐ 0.5 teaspoon salt
- ☐ 3 scallions cut into 3-inch-long julienne strips
- ☐ 12 large shrimp in shell (peeled per pound),
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons water
- ☐ 3 tablespoons vietnamese nuoc mam

## Equipment

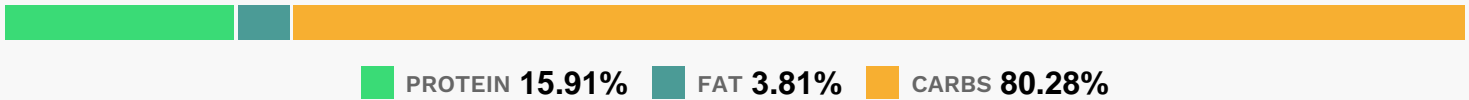
- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ plastic wrap
- ☐ baking pan
- ☐ slotted spoon
- ☐ colander

## 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](http://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



## Properties

Glycemic Index:36.73, Glycemic Load:11.16, Inflammation Score:-8, Nutrition Score:10.557391262573%

## 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: 120.64kcal (6.03%), Fat: 0.53g (0.82%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 23.1g (8.4%), Sugar: 13.15g (14.61%), Cholesterol: 24.15mg (8.05%), Sodium: 722.63mg (31.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin K: 55.08µg (52.46%), Vitamin C: 29.4mg (35.64%), Vitamin A: 1765.99IU (35.32%), Manganese: 0.27mg (13.67%), Folate: 48.5µg (12.13%), Copper: 0.2mg (10.12%), Magnesium: 38.37mg (9.59%), Potassium: 330.14mg (9.43%), Fiber: 2.22g (8.88%), Phosphorus: 78.66mg (7.87%), Vitamin B6: 0.14mg (7.09%), Vitamin E: 0.86mg (5.72%), Iron: 1mg (5.57%), Calcium: 54.93mg

(5.49%), Vitamin B2: 0.08mg (4.71%), Vitamin B3: 0.86mg (4.32%), Selenium: 2.88µg (4.11%), Zinc: 0.57mg (3.8%),  
Vitamin B5: 0.32mg (3.23%), Vitamin B1: 0.05mg (3.13%)