



Minted Shrimp and Mango Summer Rolls with Cashew-Mirin Dipping Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 12 servings cashew-mirin dipping sauce
- ☐ 1 carrots cut into thin strips (1 cup)
- ☐ 2 ounces vermicelli
- ☐ 1 cucumber peeled seeded cut into thin strips (1 1/2 cups)
- ☐ 1.5 cups basil leaves fresh (2 bunches)
- ☐ 1 cup mint leaves fresh
- ☐ 2 green onions cut into thin strips

- ☐ 1 mangos peeled cut into thin strips (1 1/2 cups)
- ☐ 12 8-inch rice paper wrappers ()
- ☐ 18 large shrimp fresh deveined peeled
- ☐ 6 cups water


Equipment

- ☐ paper towels

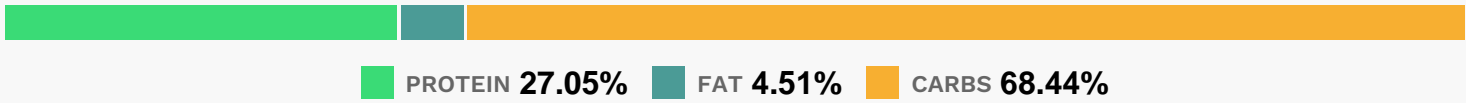
Directions

- ☐ Bring water to a boil; add shrimp, and cook 3 to 5 minutes or just until shrimp turn pink.
- ☐ Drain (save boiling water) and plunge into cold water.
- ☐ Drain and cut shrimp in half lengthwise; chill.
- ☐ Pour the boiling water over noodles, and let soak 10 minutes or until tender; rinse and drain.
- ☐ Place a rice paper wrapper in warm water for 30 to 45 seconds or until softened; place on flat surface, and pat dry with paper towels.
- ☐ Place 3 shrimp halves below center of wrapper.
- ☐ Add 1/8 cup noodles on top of shrimp.
- ☐ Place 1/12 of cucumber, carrot, onion, and mango on top of noodles. Arrange 3 to 4 basil leaves and 5 to 6 mint leaves on top of vegetables and mango. Fold bottom of wrapper over filling; fold in both sides, and roll up.
- ☐ Place rolls, seam-side down, on a serving plate; cover with a damp towel. Repeat procedure with remaining wrappers and filling.
- ☐ Cut each roll in half diagonally.
- ☐ Serve with Cashew-Mirin Dipping Sauce.
- ☐ Wine note: Napa Valley winemaker Jeff Morgan produces Solo Rosa, a dry California ros, and Covenant, a kosher Cabernet Sauvignon. Jeff wrote Dean & DeLuca: The Food and Wine Cookbook and The Working Parents Cookbook. His recently penned wine book, Ros, A Guide to the World's Most Versatile Wine, appeared in bookstores in May. Below, Jeff pairs wine with this flavorful shrimp recipe.
- ☐ With fresh mint, basil, and tropical mango adding plenty of character to this dish, it's important to look for a wine that is as versatile as the recipe--ros, of course. A dry ros should

carry plenty of fruit flavor but be balanced by bright acidity and good body. Look for Chateau Routas (about \$1

 from the South of France. – Jeff Morgan

Nutrition Facts



Properties

Glycemic Index:17.97, Glycemic Load:1.46, Inflammation Score:-7, Nutrition Score:5.1439131083696%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 53.35kcal (2.67%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.41g (3.06%), Sugar: 3.34g (3.71%), Cholesterol: 24.24mg (8.08%), Sodium: 46.04mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.47%), Vitamin A: 1393.74IU (27.87%), Vitamin K: 19.8µg (18.86%), Vitamin C: 9.49mg (11.51%), Copper: 0.15mg (7.42%), Manganese: 0.14mg (6.77%), Folate: 20.45µg (5.11%), Phosphorus: 49.22mg (4.92%), Potassium: 158.17mg (4.52%), Magnesium: 17.56mg (4.39%), Fiber: 1.04g (4.18%), Calcium: 38.07mg (3.81%), Iron: 0.63mg (3.52%), Vitamin B6: 0.05mg (2.72%), Zinc: 0.38mg (2.57%), Vitamin B1: 0.03mg (2.24%), Vitamin B2: 0.03mg (2%), Vitamin B3: 0.35mg (1.73%), Vitamin E: 0.25mg (1.64%), Vitamin B5: 0.13mg (1.35%), Selenium: 0.82µg (1.18%)