



## Nime Chow (Raw Spring Rolls)

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

### Ingredients

- 24 medium basil leaves
- 1 ounce bean threads uncooked (cellophane noodles)
- 2 cups curly leaf lettuce thinly sliced
- 0.5 cup dry-roasted peanuts unsalted finely chopped
- 1 cup bean sprouts fresh
- 1 cup lime-vinegar sauce
- 8 inch sheets round rice paper (8-inch)
- 32 medium shrimp cooked peeled

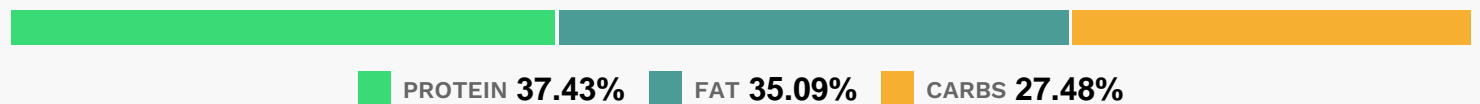
## Equipment

- bowl
- kitchen scissors

## Directions

- Combine bean threads and 2 cups hot water in a bowl; let stand 10 minutes.
- Drain; cut into 2-inch lengths with scissors.
- Add cold water to a large shallow dish to a depth of 1 inch.
- Cut 4 rice paper sheets in half, leaving remaining 8 sheets whole.
- Place 1 whole rice paper sheet and 1 half rice paper sheet in dish of water.
- Let stand 2 minutes or until soft.
- Remove sheets from water.
- Place whole rice paper sheet on a flat surface; top with half sheet, lining up edges of both sheets.
- Place 1/4 cup lettuce over half sheet, leaving a 1/2-inch border around outer edge of half sheet. Arrange 1 tablespoon bean threads, 2 tablespoons bean sprouts, 3 basil leaves, and 4 shrimp over lettuce. Fold sides of rice paper sheets over filling; roll up jelly-roll fashion. Gently press seam to seal; place, seam side down, on a serving platter (cover to keep from drying). Repeat procedure with remaining rice paper sheets, lettuce, bean threads, bean sprouts, basil, and shrimp.
- Cut each roll in half crosswise.
- Combine Lime-Vinegar Sauce and peanuts in a small bowl; serve with rolls.

## Nutrition Facts



## Properties

Glycemic Index:12.75, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:6.587391252508%

## Flavonoids

Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg, Hesperetin: 5.16mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## **Nutrients (% of daily need)**

Calories: 115.79kcal (5.79%), Fat: 4.79g (7.37%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 6.85g (2.49%), Sugar: 0.81g (0.9%), Cholesterol: 64.63mg (21.54%), Sodium: 105.58mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.49g (22.98%), Vitamin K: 20.68µg (19.7%), Manganese: 0.31mg (15.48%), Vitamin A: 738.84IU (14.78%), Phosphorus: 136.57mg (13.66%), Copper: 0.26mg (12.98%), Magnesium: 35.33mg (8.83%), Vitamin B3: 1.67mg (8.37%), Vitamin C: 6.25mg (7.58%), Folate: 26.88µg (6.72%), Potassium: 231.46mg (6.61%), Fiber: 1.58g (6.33%), Zinc: 0.84mg (5.62%), Iron: 0.88mg (4.91%), Calcium: 47.82mg (4.78%), Vitamin B1: 0.07mg (4.58%), Selenium: 1.86µg (2.66%), Vitamin B6: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.59%), Vitamin B5: 0.22mg (2.21%)