



Papaya Spring Rolls with Peanut Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons chili paste depending on your taste pref hot (such as sambal oelek)
- 48 small cilantro leaves fresh
- 1 cucumber english unpeeled cut into 1/4-inch-thick 2 1/2-inch-long strips
- 2 tablespoons fish sauce (such as nam pla or nuoc nam)
- 24 large basil fresh
- 48 large mint leaves fresh
- 0.5 cup peanut butter
- 2 tablespoons rice vinegar

0.3 cup water

Equipment

bowl

paper towels

whisk

plastic wrap

Directions

Whisk first 5 ingredients in bowl. (Peanut sauce can be made 3 days ahead. Cover and chill. Rewhisk before serving.)

Fill large bowl with warm water. Working in batches, soak 3 rice paper rounds in water until softened, about 2 minutes.

Remove rounds from water and arrange in single layer on work surface.

Place 1 basil leaf in center of each round.

Place 2 mint leaves atop each basil leaf.

Place 2 papaya strips, then 2 cucumber strips atop mint. Arrange 2 cilantro sprigs atop cucumber. Fold 1 edge of each round over filling. Fold in ends.

Roll up rice paper rounds tightly, enclosing filling.

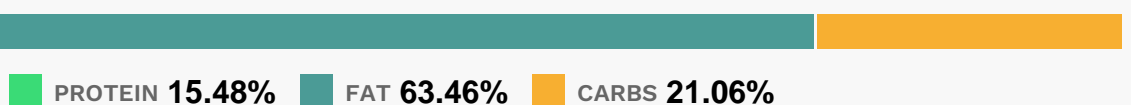
Transfer to platter. Repeat with remaining rice paper rounds. Cover with moist paper towel, then plastic wrap; chill. (Can be made 8 hours ahead. Keep chilled.)

Serve rolls with peanut sauce.

*Available at Asian markets and in the Asian foods section of many supermarkets.

**Thin Thai or Vietnamese wrappers made from rice flour and known as banh trang. Available at Asian markets and in the Asian foods section of some supermarkets.

Nutrition Facts



Properties

Glycemic Index:7.54, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:2.9669565425619%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 37.2kcal (1.86%), Fat: 2.81g (4.32%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.87g (0.96%), Cholesterol: 0mg (0%), Sodium: 143.81mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin K: 14.98µg (14.27%), Vitamin A: 385.99IU (7.72%), Manganese: 0.14mg (6.87%), Vitamin B3: 0.84mg (4.21%), Magnesium: 16.2mg (4.05%), Vitamin E: 0.6mg (3.98%), Folate: 12.21µg (3.05%), Vitamin C: 2.26mg (2.74%), Copper: 0.05mg (2.52%), Fiber: 0.63g (2.5%), Phosphorus: 24.83mg (2.48%), Potassium: 86.6mg (2.47%), Vitamin B6: 0.05mg (2.3%), Iron: 0.32mg (1.78%), Vitamin B2: 0.03mg (1.57%), Zinc: 0.21mg (1.38%), Calcium: 13.54mg (1.35%), Vitamin B5: 0.12mg (1.19%), Vitamin B1: 0.02mg (1.09%)