



Rice Paper Wraps with Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



12

CALORIES



183 kcal

SIDE DISH

Ingredients

- 1 tablespoon balsamic vinegar
- 1 cup bean sprouts
- 2 tablespoons sesame seed black
- 1 teaspoon chili flakes
- 0.3 cup cilantro leaves
- 3.5 ounce enoki mushrooms
- 1 teaspoon kosher salt
- 12 servings kosher salt and pepper black freshly ground

- 2 teaspoons juice of lime
- 1 cup buckwheat noodles cooked
- 0.5 cup orange juice freshly squeezed
- 0.3 cup pickled ginger
- 0.5 cup bell pepper red julienned
- 1 package rice paper wrappers
- 1 teaspoon rice wine vinegar
- 1 tablespoon sesame oil
- 1 teaspoon sesame oil
- 1 cup snow peas julienned
- 3 tablespoons soya sauce
- 3 tablespoons sugar
- 12 servings warm water for soaking rice paper wrappers
- 0.5 cup bell pepper yellow julienned

Equipment

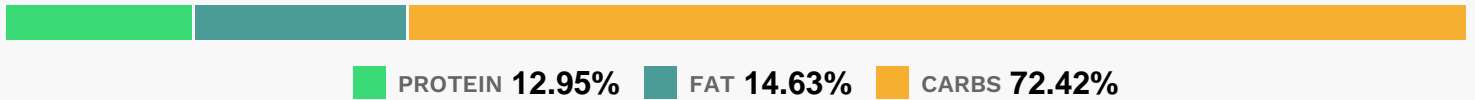
- bowl
- whisk
- mixing bowl
- kitchen towels

Directions

- In a large bowl filled with warm water, soak 1 rice paper wrapper for about 20 seconds or until soft.
- Lay wrapper out on a tea towel to absorb excess water.
- Transfer wrapper to a flat surface. About 1/3 from the bottom of the wrapper, create a 3-inch long row by placing some cilantro leaves followed by some red pepper, yellow pepper, snow peas, mushrooms, bean sprouts, buckwheat noodles and a little ginger. Season, to taste, with salt and pepper.

- Sprinkle the top 1/3 of the rice wrapper with black sesame seeds. Carefully fold the bottom of the rice paper wrapper over the vegetables. Turn in the sides and continue rolling up from the bottom.
- To serve, slice the roll in half on a bias.
- Serve with Orange–Chili Dipping Sauce.
- In a medium sized bowl, whisk together the sesame oil and rice wine vinegar. Toss the cooked buckwheat noodles in the sesame mixture. Set aside.
- Whisk together all the ingredients in a mixing bowl. Allow the sauce to stand for 30 minutes so that the flavors can infuse.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:3.05, Inflammation Score:-6, Nutrition Score:9.8504348499296%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg, Hesperetin: 1.31mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 183.29kcal (9.16%), Fat: 3.02g (4.64%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 33.59g (11.2%), Net Carbohydrates: 31.33g (11.39%), Sugar: 5.34g (5.94%), Cholesterol: 3.46mg (1.15%), Sodium: 671.57mg (29.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Vitamin C: 31.14mg (37.74%), Manganese: 0.45mg (22.32%), Vitamin B1: 0.27mg (18.22%), Selenium: 12.08µg (17.26%), Vitamin B3: 3.37mg (16.86%), Folate: 58.32µg (14.58%), Vitamin B2: 0.21mg (12.33%), Iron: 2.21mg (12.3%), Copper: 0.2mg (9.76%), Fiber: 2.26g (9.03%), Phosphorus: 80.65mg (8.07%), Magnesium: 31.91mg (7.98%), Vitamin A: 396.44IU (7.93%), Vitamin K: 7.07µg (6.73%), Vitamin B6: 0.12mg (5.8%), Potassium: 194.88mg (5.57%), Zinc: 0.65mg (4.36%), Calcium: 42.52mg (4.25%), Vitamin B5: 0.35mg (3.49%), Vitamin E: 0.27mg (1.79%)