



Shrimp and Chive Spring Rolls

 Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup asian fish sauce
- ☐ 1 bunch chives fresh trimmed
- ☐ 1 bunch cilantro leaves fresh
- ☐ 1 bunch mint leaves fresh
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 head lettuce
- ☐ 0.8 cup juice of lime fresh
- ☐ 3 ounce vermicelli

- ☐ 0.3 cup rice vinegar
- ☐ 2 tablespoon sesame oil
- ☐ 2 pound shrimp deveined peeled
- ☐ 2 teaspoon sugar

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ slotted spoon

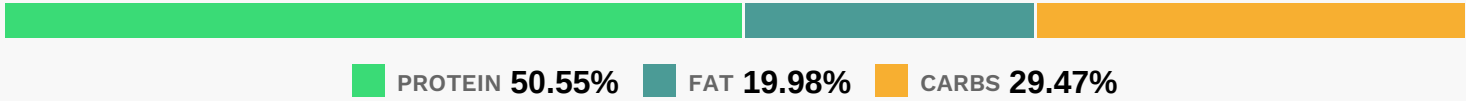
Directions

- ☐ Bring a large pot of water to a boil. Reduce to simmer.
- ☐ Add the cleaned shrimp; poach until pink, about 2 minutes, depending on size. Using a slotted spoon remove the shrimp to a bowl and cover with under cool water to stop the cooking.
- ☐ Drain. Slice 18 shrimp in halve length wise. Set aside. Return the water to a boil.
- ☐ Add vermicelli and cook, stirring often until softened, about 2 minutes.
- ☐ Remove from heat and drain the noodles.
- ☐ Transfer them to a large bowl and toss with ¼ cup lime juice, sesame oil, and salt. Set aside. Using a shallow bowl or pie plate filled with warm water dip a rice-paper wrapper in the water for about 5 seconds. The wrapper become slightly pliable, but remain mostly hard. It will soften further outside of the water.
- ☐ Let the excess water drip off and lay the wrapper onto a work surface.
- ☐ Lay about ¼ cup of vermicelli centered onto the bottom third of the wrapper forming it into a log shape about 3-inches long. Top with 3 of the uncut shrimp and a small amount of cucumber. Fold both sides over the pile meeting the ends in the center. Fold the bottom flap over the pile. Working from the bottom, carefully and as tightly as possible, but maintaining a neat uniform shape roll the wrapper ½ turn so that the vermicelli is facing up.
- ☐ Place 3 shrimp halves, cut side up, in a neat line just above the the pile of rolled ingredients top with 3 or 4 pieces of chive. Continue to roll so that the shrimp and chives are enclosed but visible through the rice-paper wrapper. You may let some of the chives hang over on edge if you like or neatly trim them.

- ☐
- Place the finished roll on a plate and cover with a damp paper towel. Repeat the process 11 more times.

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Nutrition Facts



Properties

Glycemic Index:23.92, Glycemic Load:4.08, Inflammation Score:-3, Nutrition Score:5.4047826373059%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 126.45kcal (6.32%), Fat: 2.84g (4.37%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 8.67g (3.15%), Sugar: 2g (2.22%), Cholesterol: 121.71mg (40.57%), Sodium: 536.05mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.19g (32.38%), Phosphorus: 185.03mg (18.5%), Copper: 0.32mg (16.12%), Vitamin K: 14.01µg (13.34%), Magnesium: 40.76mg (10.19%), Potassium: 303.14mg (8.66%), Zinc: 1.16mg (7.76%), Vitamin C: 6.3mg (7.64%), Manganese: 0.14mg (7.07%), Calcium: 63.86mg (6.39%), Vitamin A: 307.28IU (6.15%), Folate: 18.36µg (4.59%), Iron: 0.71mg (3.97%), Fiber: 0.77g (3.07%), Vitamin B6: 0.05mg (2.33%), Selenium: 1.61µg (2.3%), Vitamin B1: 0.03mg (1.73%), Vitamin B2: 0.02mg (1.17%), Vitamin B3: 0.22mg (1.1%), Vitamin E: 0.16mg (1.09%)