



Shrimp and Coconut Rolls



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



104 kcal

Ingredients

- ☐ 1.3 cups coconut or fresh finely grated peeled
- ☐ 0.5 cucumber english unpeeled seeded cut into 1/4-inch cubes (1 cup)
- ☐ 6 teaspoons fish sauce divided (such as nam pla or nuoc nam)
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 2 tablespoons spring onion finely chopped
- ☐ 2.5 cups lettuce thinly sliced ()
- ☐ 1 tablespoon juice of lime fresh
- ☐ 15 you will also need: parchment paper (spring roll wrappers)
- ☐ 3 teaspoons serrano chiles green red divided minced seeded

- ☐ 10 ounces shrimp cooked peeled cut into 1/4- to 1/3-inch pieces
- ☐ 4.5 teaspoons sugar divided

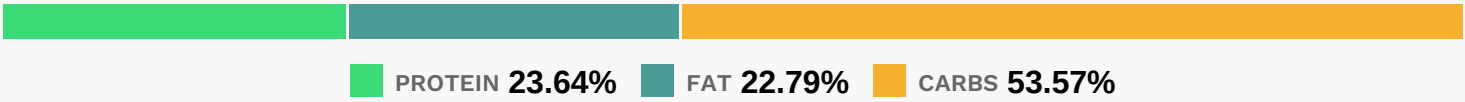
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper
- ☐ kitchen towels

Directions

- ☐ Combine shrimp, lettuce, coconut, cucumber, 1 tablespoon lime juice, 4 teaspoons fish sauce, 1/2 teaspoon sugar, 2 teaspoons chiles, green onion, and mint in large bowl.
- ☐ Moisten kitchen towel. Squeeze out excess moisture and lay towel flat on work surface. Fill large bowl with warm water. Submerge 1 wrapper in water until beginning to soften, about 20 seconds.
- ☐ Place on damp towel.
- ☐ Place 1/4 cup shrimp mixture in 3-inch long strip down center of wrapper. Fold in sides of wrapper over filling, then roll up tightly, enclosing filling. Repeat with remaining wrappers and filling. DO AHEAD: Can be made 8 hours ahead.
- ☐ Place on baking sheet lined with parchment paper, cover with damp paper towels, and refrigerate.
- ☐ Let rolls stand at room temperature 10 to 15 minutes before serving.
- ☐ Mix 1/2 cup lime juice, 2 teaspoons fish sauce, 4 teaspoons sugar, and 1 teaspoon chiles in small bowl.
- ☐ Serve rolls with dipping sauce.
- ☐ * Available in the Asian foods section of most supermarkets, at some specialty foods stores, and at Asian markets.
- ☐ ** Thin Thai or Vietnamese wrappers (known as banh trang) made from rice flour; available at Asian markets.

Nutrition Facts



Properties

Glycemic Index:10.61, Glycemic Load:0.98, Inflammation Score:-2, Nutrition Score:4.200869584861%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 103.94kcal (5.2%), Fat: 2.66g (4.09%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 14.04g (4.68%), Net Carbohydrates: 12.84g (4.67%), Sugar: 2.13g (2.36%), Cholesterol: 32.14mg (10.71%), Sodium: 322.51mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Manganese: 0.26mg (12.89%), Selenium: 6.29µg (8.98%), Vitamin B1: 0.11mg (7.48%), Copper: 0.14mg (7.19%), Phosphorus: 68.64mg (6.86%), Folate: 24.9µg (6.22%), Vitamin B3: 1.15mg (5.76%), Iron: 1.01mg (5.59%), Vitamin K: 5.33µg (5.08%), Fiber: 1.2g (4.79%), Vitamin B2: 0.08mg (4.79%), Magnesium: 19.13mg (4.78%), Potassium: 131.34mg (3.75%), Zinc: 0.51mg (3.38%), Calcium: 27.36mg (2.74%), Vitamin C: 1.52mg (1.85%), Vitamin A: 83.18IU (1.66%), Vitamin B6: 0.03mg (1.59%)