



Shrimp and Crunchy Vegetable Spring Rolls with Sweet and Sour Chili Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



568 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings chilli sauce sweet sour
- ☐ 2 cups the salad mixed
- ☐ 8 12-inch you will also need: parchment paper ()
- ☐ 4 cups balsamic vinaigrette salad dressing with lemon-herb vinaigrette (tails removed from shrimp)

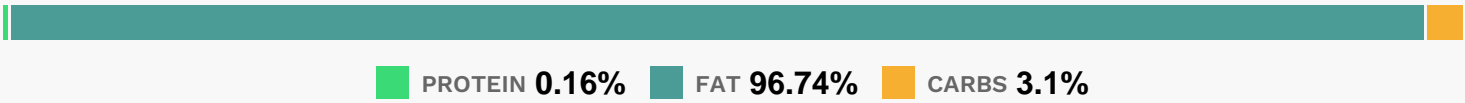
Equipment

- ☐ paper towels

Directions

- ☐ Soak 1 wrapper in a large shallow dish of water 30 to 45 seconds or just until pliable. (If soaked too long, it will fall apart.)
- ☐ Drain on paper towels.
- ☐ Add 1/2 cup Shrimp Salad about 2 inches from edge of wrapper. Top with 1/4 cup greens and, if desired, a few sprouts. Fold in sides, and roll tightly away from you. Repeat soaking and stuffing procedures with remaining wrappers and filling. Slice diagonally into 3 pieces, place on a platter, and serve with Sweet and Sour Chili Sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:6.6995651294356%

Nutrients (% of daily need)

Calories: 567.82kcal (28.39%), Fat: 62.65g (96.39%), Saturated Fat: 11.38g (71.12%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 4.5g (1.63%), Sugar: 3.6g (4%), Cholesterol: 0.09mg (0.03%), Sodium: 19.57mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 123.5µg (117.62%), Vitamin E: 5.76mg (38.42%), Selenium: 2.32µg (3.32%), Vitamin C: 2.32mg (2.81%), Vitamin A: 113.74IU (2.27%), Folate: 4.56µg (1.14%), Manganese: 0.02mg (1.05%)