



WHATSheATE



Shrimp and Mango Summer Rolls with Sweet and Spicy Dipping Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon agave nectar
- ☐ 16 large basil
- ☐ 1.8 ounces cellophane noodles dried dry cooled rinsed cooked
- ☐ 4 leaf broad-leaf culantro leaves red
- ☐ 4 tablespoons juice of lime
- ☐ 0.5 small mangos peeled sliced into thin strips (1 cup)
- ☐ 16 large mint leaves

- ☐ 8 inch sheets you will also need: parchment paper (8-inch)
- ☐ 1 tablespoon rice vinegar
- ☐ 1 tablespoon spring onion thinly sliced
- ☐ 16 medium shrimp cooked peeled sliced in half down the middle
- ☐ 0.5 teaspoon sriracha

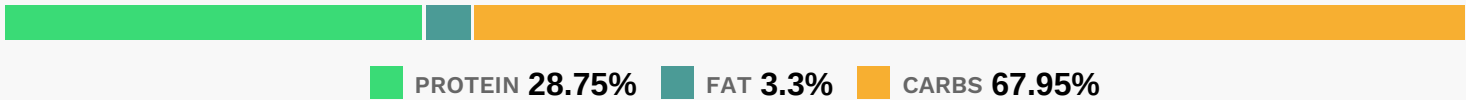
Equipment

- ☐ bowl
- ☐ kitchen towels

Directions

- ☐ Combine first 5 ingredients (through scallion) in a small bowl; refrigerate.
- ☐ To make rolls: Fill a large shallow dish with warm water. Wet a clean kitchen towel; wring out and place on a clean work surface.
- ☐ Place 1 rice paper sheet in warm water; soak to soften (about 30 seconds).
- ☐ Remove from water; place on kitchen towel. Working quickly, place 2 basil leaves facedown in center of paper, leaving 3 inches at bottom of paper and about 1 1/2 inches on each side.
- ☐ Place 3 pieces lettuce on top of basil; mound 2 tablespoons noodles on top of lettuce. Top each with mango strips (1/4 ounce) and 4 shrimp halves. Arrange 2 mint leaves, face-side up, on top of shrimp. Pull bottom of wrapper over filling, fold in sides, and roll wrapper into a cylinder. Repeat with remaining ingredients; serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:54.69, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:5.7547826464085%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol:

1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg 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: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 123.89kcal (6.19%), Fat: 0.46g (0.71%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 20.43g (7.43%), Sugar: 5.55g (6.17%), Cholesterol: 64.86mg (21.62%), Sodium: 93.65mg (4.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Vitamin C: 16.6mg (20.12%), Vitamin A: 633.18IU (12.66%), Vitamin K: 12.9µg (12.28%), Copper: 0.23mg (11.41%), Phosphorus: 104.3mg (10.43%), Manganese: 0.15mg (7.47%), Folate: 24.99µg (6.25%), Magnesium: 23.91mg (5.98%), Potassium: 206.42mg (5.9%), Iron: 1mg (5.54%), Calcium: 50.3mg (5.03%), Zinc: 0.72mg (4.83%), Vitamin B1: 0.06mg (4.3%), Fiber: 1.03g (4.11%), Selenium: 2.67µg (3.82%), Vitamin B3: 0.61mg (3.04%), Vitamin B6: 0.06mg (3.02%), Vitamin B2: 0.05mg (2.92%), Vitamin E: 0.33mg (2.2%), Vitamin B5: 0.1mg (1.03%)