



Shrimp and Vegetable Summer Rolls

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



67 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup matchstick-cut carrots
- 4 ounces bean sprouts fresh
- 1 cup cilantro leaves fresh loosely packed
- 0.5 cup mint leaves fresh packed
- 1.5 cups mâche lettuce mixed packed
- 0.8 cup bottled thai peanut sauce (such as House of Tsang)
- 0.5 pound shrimp frozen thawed cooked peeled
- 12 8-inch round rice paper spring roll wrappers () (such as Galettes De Riz)

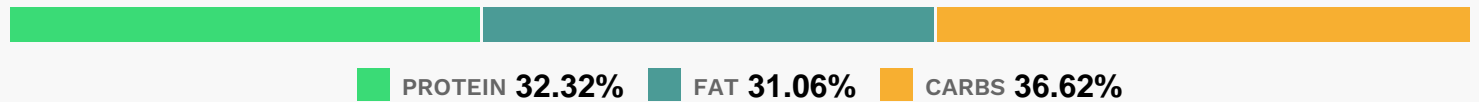
Equipment

- bowl

Directions

- Combine first 6 ingredients in a large bowl; toss gently.
- Add warm water to a pie plate or large shallow dish to a depth of 1 inch.
- Place 1 wrapper in dish for 30 to 45 seconds or until softened; place on a flat surface. Spoon 1/2 cup shrimp mixture down center of wrapper; fold sides over filling, and roll up tightly, jelly-roll fashion. Gently press seam to seal; place roll, seam side down, on a serving platter. Cover with a damp towel to keep from drying.
- Repeat procedure with remaining wrappers and shrimp mixture.
- Serve immediately with peanut sauce.
- Note: Rice paper spring roll wrappers are available in Asian markets. The circular wrappers are thin, brittle, and opaque and are marked with a cross-hatched pattern. You may also serve the summer rolls with sweet-and-sour sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:3.8704348219478%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 67.1kcal (3.36%), Fat: 2.26g (3.47%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.3g (1.93%), Sugar: 3.52g (3.91%), Cholesterol: 30.52mg (10.17%), Sodium: 248.35mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.57%), Vitamin A: 1699.48IU (33.99%), Vitamin K: 8.25µg (7.86%), Copper: 0.11mg (5.66%), Phosphorus: 53.3mg (5.33%), Vitamin C: 3.64mg (4.41%), Manganese:

0.08mg (4.08%), Folate: 14.32µg (3.58%), Potassium: 116.29mg (3.32%), Magnesium: 12.26mg (3.07%), Fiber: 0.68g (2.74%), Iron: 0.46mg (2.57%), Zinc: 0.36mg (2.37%), Calcium: 23.31mg (2.33%), Vitamin B2: 0.03mg (1.71%), Vitamin B6: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.35%), Vitamin B3: 0.26mg (1.29%)