



Shrimp-and-Vegetable Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon fish sauce
- ☐ 3.5 ounces vermicelli hot drained well
- ☐ 1 boston lettuce separated
- ☐ 2 cups carrots shredded
- ☐ 16 cilantro leaves
- ☐ 2 garlic smashed
- ☐ 1 onion red thinly sliced
- ☐ 8 inch you will also need: parchment paper

- ☐ 1 pound shrimp cooked halved lengthwise
- ☐ 0.5 cup sugar
- ☐ 0.8 cup rice vinegar
- ☐ 2 bell pepper yellow cut into 1/4-inch strips

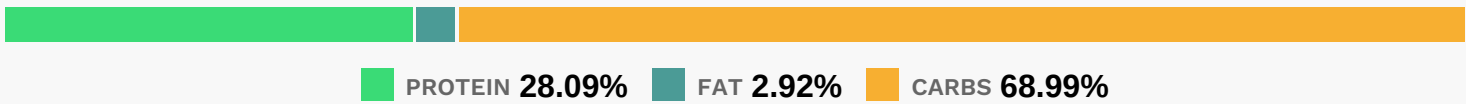
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ In a bowl, toss the carrots, onion, 1/4 cup plus 2 tablespoons of the vinegar and 2 tablespoons of the sugar.
- ☐ Let stand until the vegetables soften, 30 minutes.
- ☐ Drain.
- ☐ In a glass bowl, mix the remaining vinegar, sugar and garlic. Microwave at high power for about 30 seconds, until the sugar is dissolved.
- ☐ Add the fish sauce and set aside for 30 minutes; discard the garlic.
- ☐ Meanwhile, soak 1 rice paper at a time in hot water until pliable, about 10 seconds; transfer to a work surface. Set a cilantro sprig and lettuce leaf on the lower third of the rice paper and top with 3 shrimp halves. Top with some of the yellow pepper, vermicelli and the pickled vegetables; roll up tightly, folding in the sides.
- ☐ Place the roll on a platter and repeat with the remaining ingredients. Halve the rolls and serve with the sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:31.99, Glycemic Load:10.11, Inflammation Score:-10, Nutrition Score:14.80956516836%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 183.67kcal (9.18%), Fat: 0.6g (0.92%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 31.77g (10.59%), Net Carbohydrates: 29.91g (10.88%), Sugar: 14.9g (16.56%), Cholesterol: 91.51mg (30.5%), Sodium: 286.68mg (12.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.87%), Vitamin A: 6351.13IU (127.02%), Vitamin C: 59.58mg (72.21%), Vitamin K: 37.54µg (35.75%), Phosphorus: 160.59mg (16.06%), Copper: 0.31mg (15.25%), Potassium: 418.1mg (11.95%), Manganese: 0.23mg (11.53%), Magnesium: 37.56mg (9.39%), Folate: 37.38µg (9.35%), Vitamin B6: 0.16mg (7.92%), Fiber: 1.86g (7.43%), Calcium: 71.27mg (7.13%), Iron: 1.28mg (7.1%), Zinc: 1.06mg (7.05%), Vitamin B1: 0.08mg (5.58%), Vitamin B3: 0.93mg (4.66%), Vitamin B2: 0.06mg (3.7%), Selenium: 2.55µg (3.64%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.23mg (2.28%)