



Shrimp Rice-Paper Rolls with Vietnamese Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup carrots peeled
- ☐ 1 cup cucumber english seeded
- ☐ 1 cup mung bean sprouts white (Japanese radish)
- ☐ 3 tablespoons fish sauce (nam pla)
- ☐ 1 cup basil fresh
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 cup cilantro leaves fresh

- ☐ 1 cup mint leaves fresh
- ☐ 6 ounces mushroom caps fresh stemmed thinly sliced
- ☐ 2 garlic clove
- ☐ 1 cup lettuce shredded green finely
- ☐ 1 teaspoon jalapeno with seeds minced
- ☐ 0.5 cup juice of lime fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 4 ounces rice dried chinese thin (maifun)
- ☐ 8 ounces shrimp deveined cooked peeled
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon rice vinegar

Equipment

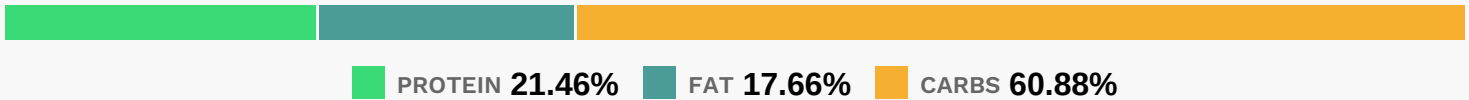
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen towels

Directions

- ☐ Whisk all ingredients in medium bowl until sugar dissolves.
- ☐ Let stand at least 30 minutes. (Can be made 1 day ahead. Cover; chill.)
- ☐ Heat oil in medium skillet over medium-high heat.
- ☐ Add mushrooms and sauté until soft, about 5 minutes. Cool.
- ☐ Place rice sticks in large bowl; add enough hot water to cover.
- ☐ Let stand until softened, about 30 minutes.
- ☐ Drain.
- ☐ Cut into 6-inch lengths; set aside. Fill same bowl with warm water.

- ☐ Add 1 rice-paper sheet and turn until beginning to soften, about 30 seconds (sheet will still be stiff in a few spots).
- ☐ Remove from water; drain on kitchen towel. Repeat with 5 more rice-paper sheets, arranging in single layer.
- ☐ Divide half of mint, cilantro, and basil among softened rice-paper sheets, arranging in line across lower third of each sheet and leaving 1-inch border on each end. Top with half of rice sticks, shaping into compact log. Top with half of lettuce, sprouts, cucumber, carrot, shrimp, and mushrooms. Fold bottom of each rice sheet over filling, then fold in ends and roll into tight cylinder.
- ☐ Place rolls, seam side down, on platter. Repeat soaking with remaining rice-paper sheets, then top with remaining filling to form 6 more rolls. (Can be made 6 hours ahead. Cover with damp paper towel and plastic wrap; chill.)
- ☐ Cut each roll diagonally into thirds. Arrange on platter and serve with sauce.
- ☐ *Available at Asian markets.

Nutrition Facts



Properties

Glycemic Index:13.98, Glycemic Load:2.71, Inflammation Score:-5, Nutrition Score:2.5234782666616%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 34.88kcal (1.74%), Fat: 0.71g (1.09%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.99g (1.82%), Sugar: 2.01g (2.23%), Cholesterol: 10.14mg (3.38%), Sodium: 129.49mg (5.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.94g (3.87%), Vitamin A: 729.68IU (14.59%), Vitamin K: 6.75µg (6.43%), Manganese: 0.09mg (4.73%), Vitamin C: 2.64mg (3.2%), Copper: 0.06mg (2.89%), Phosphorus: 28.77mg (2.88%), Magnesium: 10.06mg (2.52%), Potassium: 78.9mg (2.25%), Vitamin B6: 0.04mg (2.12%), Fiber: 0.5g (2.02%), Folate: 7.71µg (1.93%), Vitamin B3: 0.37mg (1.84%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.15mg (1.5%), Vitamin

B2: 0.03mg (1.49%), Iron: 0.25mg (1.36%), Selenium: 0.95µg (1.36%), Calcium: 13.44mg (1.34%)