



Shrimp Spring Rolls

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



440 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 1 cup carrots shredded
- 3 cups cooking wine dry white
- 0.5 cucumber english julienned peeled
- 2 cloves garlic minced
- 0.3 cup hoisin sauce
- 1 jalapeño cut into 1/8-inch slices
- 1 juice of lime

- 1 tablespoon kosher salt
- 0.5 cup peanut butter
- 1 tablespoon vegetable oil; peanut oil preferred
- 0.5 bell pepper red thin
- 8 2-inch rice paper wrappers (8 1/ rounds)
- 2 ounces vermicelli thin
- 2 tablespoons rice wine vinegar
- 8 servings roasted peanuts chopped for garnish
- 16 shrimp deveined peeled
- 2 teaspoons soya sauce
- 8 thai basil leaves fresh
- 1 teaspoons sambal olek
- 1 teaspoons sambal olek

Equipment

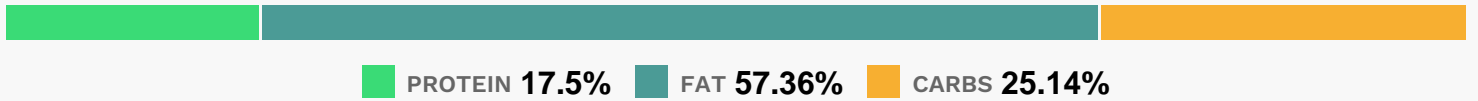
- frying pan
- pot

Directions

- Watch how to make this recipe.
- Score the shrimp on the underside in three equally spaced horizontal cuts. Press firmly on the shrimp to straighten.
- In a soup pot, combine 4 cups water, the wine, bay leaf, lime juice and salt and bring to a simmer. Turn off the heat, add in the shrimp and cover until the shrimp are pink, about 4 minutes. Scoop out the shrimp and shock in ice water to stop the cooking. Then drain and dry. Reserve the poaching liquid, keeping it hot but not simmering.
- Add the vermicelli to the hot poaching liquid (no need to simmer or boil the water because that may over cook the noodles). Cook until just al dente, about 8 minutes.
- Drain.
- Toss the carrots,cucumbers and red bell peppers with the rice wine vinegar and soy sauce.

- Dip each rice paper wrapper in warm water, one at a time, for a second (no longer or they will get too soft). The wrapper should still feel somewhat hard when you first start working with it. By the time you finish getting all of your fillings in, the wrapper will have continued to soften.
- Layer the first one with 2 shrimp, a basil leaf, jalapeno slice, some vermicelli and vegetables. Gently wrap like a tiny burrito and cut on the sharp bias.
- Serve with Peanut Dipping Sauce.
- Add the peanut oil to a small saute pan over medium heat and add the garlic. Cook for 1 minute, and then turn off the heat. Then add the peanut butter, hoisin, sambel olek and 3 tablespoons water and mix together. You may need to add a little extra water if the mixture is too thick.
- Garnish with the chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:45.35, Glycemic Load:4.81, Inflammation Score:-10, Nutrition Score:16.963478171307%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 439.51kcal (21.98%), Fat: 25.25g (38.85%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 20.27g (7.37%), Sugar: 6.46g (7.18%), Cholesterol: 32.55mg (10.85%), Sodium: 1353.13mg (58.83%), Alcohol: 9.27g (100%), Alcohol %: 5.08% (100%), Protein: 17.34g (34.67%), Manganese: 1.2mg (59.89%), Vitamin A: 2969.62IU (59.39%), Vitamin B3: 7.24mg (36.18%), Phosphorus: 261.21mg (26.12%), Magnesium: 103.71mg (25.93%), Copper: 0.39mg (19.53%), Fiber: 4.62g (18.47%), Vitamin C: 14.54mg (17.63%), Folate: 64.85µg (16.21%), Potassium: 564.56mg (16.13%), Vitamin E: 2.07mg (13.81%), Vitamin B6: 0.27mg (13.67%), Zinc: 1.59mg (10.63%), Vitamin B1: 0.15mg (10.23%), Iron: 1.7mg (9.45%), Vitamin B5: 0.78mg (7.76%), Vitamin K: 8.03µg (7.65%), Calcium: 76.19mg (7.62%), Vitamin B2: 0.12mg (7.09%), Selenium: 4.74µg (6.77%)