



Shrimp Spring Rolls with Hoisin Dipping Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



104 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons chili-garlic sauce
- ☐ 2.7 cups coleslaw mix shredded (cabbage and carrots)
- ☐ 4 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 8 teaspoons mint leaves fresh chopped
- ☐ 4 teaspoons hoisin sauce
- ☐ 32 inch diameter rice paper rounds

- ☐ 0.3 cup seasoned rice vinegar
- ☐ 8 medium shrimp deveined cooked peeled halved

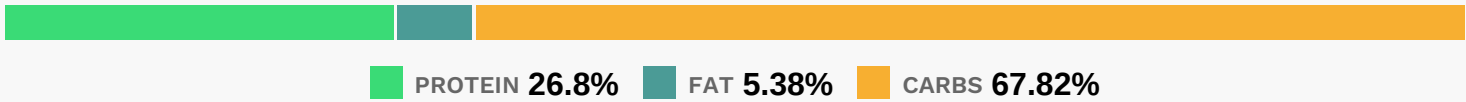
Equipment

- ☐ bowl
- ☐ ramekin

Directions

- ☐ Mix first 4 ingredients in small bowl.
- ☐ Pour sauce into ramekin.
- ☐ Submerge 1 rice paper round in large bowl filled with room-temperature water.
- ☐ Let stand until soft and pliable but not limp, lifting occasionally to determine if soft, about 1 minute.
- ☐ Place softened round on work surface. Mound 2/3 cup coleslaw mix at end of round closest to you; sprinkle with 1 tablespoon cilantro and 2 teaspoons mint. Top with 4 shrimp halves, cut side down, in single layer. Fold in ends of round; roll up tightly into cylinder. Repeat with remaining ingredients to form 3 more rolls.
- ☐ Cut rolls diagonally in half; arrange on plate and serve with sauce.
- ☐ One serving contains the following: 142.78 Calories (kcal), 12.5% Calories from Fat, 1.98 (g) Fat, 0.74 (g) Saturated Fat, 126.20 (mg) Cholesterol, 15.49
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.72, Inflammation Score:-3, Nutrition Score:6.9295652045504%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol:

0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 104kcal (5.2%), Fat: 0.61g (0.93%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 15.37g (5.59%), Sugar: 3.06g (3.4%), Cholesterol: 34.15mg (11.38%), Sodium: 336.85mg (14.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.58%), Vitamin K: 36.73µg (34.98%), Vitamin C: 17.36mg (21.04%), Manganese: 0.24mg (11.89%), Folate: 39.13µg (9.78%), Vitamin B1: 0.14mg (9%), Selenium: 6.04µg (8.63%), Phosphorus: 74.48mg (7.45%), Fiber: 1.81g (7.23%), Copper: 0.13mg (6.43%), Vitamin B3: 1.28mg (6.4%), Vitamin B2: 0.11mg (6.23%), Iron: 1.08mg (5.99%), Potassium: 164.36mg (4.7%), Magnesium: 18.8mg (4.7%), Calcium: 44.29mg (4.43%), Vitamin B6: 0.07mg (3.5%), Zinc: 0.52mg (3.47%), Vitamin A: 84.31IU (1.69%), Vitamin B5: 0.11mg (1.13%)