



Shrimp Spring Rolls with Spicy Apricot Mustard Dip

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 2 cups broccoli slaw
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon sesame-ginger marinade
- ☐ 2 tablespoons sesame-ginger marinade prepared
- ☐ 1 cup shrimp cooked chopped
- ☐ 0.3 cup spicy brown mustard
- ☐ 4.7 ounce you will also need: parchment paper

☐ 4 servings vegetable oil for deep frying

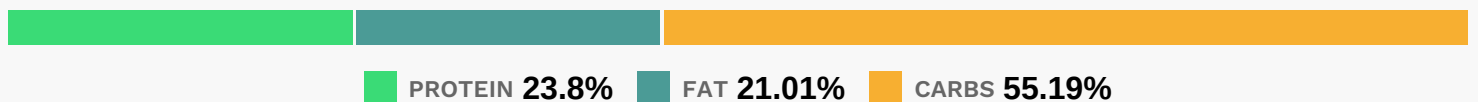
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot

Directions

- ☐ For the dip: In a small bowl, stir together the marinade, preserves, mustard and hot sauce.
- ☐ For the spring rolls: In a bowl, mix together the shrimp, slaw and marinade.
- ☐ Place a spring roll wrapper on your work surface with 1 of the corners facing you so it looks like a diamond. (Keep the spring roll wrappers covered with a damp towel so they don't dry out).
- ☐ Place 2 tablespoons filling on the lower third of the wrapper.
- ☐ Spread the filling out in a line from side to side.
- ☐ Roll the bottom corner up over the filling, and then fold in the sides. Moisten the top corner with some water, using your finger or a brush, and roll the filling over it so it sticks to itself and forms a seal.
- ☐ Place seam-side down on a plate and keep covered with a damp towel while you make the remaining rolls.
- ☐ When you are ready to cook, fill a large, heavy-bottomed pot with enough oil to come up about 3 inches from the bottom.
- ☐ Place over medium-high heat and bring to 360 degrees F.
- ☐ Add the spring rolls, a few at a time, and cook until they are golden brown, 2 to 3 minutes.
- ☐ Drain on paper towels and keep warm while you fry the rest.
- ☐ Serve with the spicy apricot mustard dip.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.29, Inflammation Score:-6, Nutrition Score:15.300869583436%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 303.28kcal (15.16%), Fat: 7.37g (11.33%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 43.53g (14.51%), Net Carbohydrates: 41.47g (15.08%), Sugar: 13.08g (14.53%), Cholesterol: 98.22mg (32.74%), Sodium: 473.07mg (20.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.77g (37.54%), Vitamin C: 55.7mg (67.51%), Copper: 0.59mg (29.59%), Manganese: 0.59mg (29.3%), Selenium: 19.04µg (27.19%), Phosphorus: 246.34mg (24.63%), Vitamin B1: 0.29mg (19.11%), Folate: 76µg (19%), Magnesium: 71.23mg (17.81%), Iron: 3.19mg (17.74%), Calcium: 154.89mg (15.49%), Vitamin B2: 0.23mg (13.24%), Vitamin B3: 2.54mg (12.69%), Potassium: 442mg (12.63%), Zinc: 1.84mg (12.25%), Fiber: 2.07g (8.27%), Vitamin B6: 0.16mg (8.23%), Vitamin A: 303.69IU (6.07%), Vitamin K: 5.39µg (5.14%), Vitamin B5: 0.37mg (3.67%), Vitamin E: 0.34mg (2.25%)