



Shrimp Summer Rolls

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 bunch basil
- 6 peppercorns black
- 4 boston lettuce leaves
- 0.5 bunch cilantro leaves
- 1 cucumber
- 2 teaspoons fish sauce
- 1 tablespoon hoisin sauce
- 6 servings kosher salt

- 0.5 cup chicken broth low-sodium
- 0.5 bunch mint leaves
- 2 teaspoons curry paste red
- 8 8-inch round rice paper wrappers
- 1 ounce vermicelli
- 1 tablespoon rice vinegar
- 3 scallions
- 12 medium shrimp unpeeled ()
- 1 tablespoon sugar
- 2 teaspoons sugar
- 0.3 cup peanuts unsalted
- 0.5 cup coconut milk unsweetened
- 1.5 teaspoons vegetable oil

Equipment

- food processor
- bowl
- sauce pan
- cutting board

Directions

- Make the sauce: Grind the peanuts in a food processor.
- Heat the vegetable oil in a saucepan over medium heat.
- Add the curry paste and cook 1 minute.
- Add the fish sauce and cook 1 more minute.
- Add the ground peanuts and cook, stirring, about 4 minutes.
- Sprinkle in the sugar and cook 1 to 2 more minutes. Stir in the coconut milk, chicken broth and hoisin sauce. Reduce the heat to low and simmer until thick, about 20 minutes.
- Let cool.

- Make the rolls: Fill a saucepan with water and season with salt.
- Add the vinegar, sugar and peppercorns and bring to a boil over high heat.
- Add the shrimp and simmer until pink, 2 minutes.
- Drain and run under cold water. Peel the shrimp, then halve lengthwise and devein. Cover and chill.
- Cook the rice noodles as the label directs, then drain.
- Cut the cucumber and scallions into matchsticks and toss with 1 teaspoon salt in a bowl. One at a time, soak a rice paper wrapper in warm water until pliable, 30 seconds, then lay on a cutting board and pat dry. Arrange 3 shrimp halves across the middle of the wrapper; top with some noodles, herbs, cucumber, scallions and lettuce. Fold the bottom of the wrapper over the filling, then fold in the sides and roll up into a tight bundle.
- Cut in half; serve with the peanut sauce.
- Photograph by Con Poulos

Nutrition Facts



PROTEIN 17.28% **FAT 51.47%** **CARBS 31.25%**

Properties

Glycemic Index:71.53, Glycemic Load:4.78, Inflammation Score:-6, Nutrition Score:8.178260937981%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 176.59kcal (8.83%), Fat: 10.53g (16.2%), Saturated Fat: 5.16g (32.28%), Carbohydrates: 14.39g (4.8%), Net Carbohydrates: 12.34g (4.49%), Sugar: 6.27g (6.97%), Cholesterol: 32.4mg (10.8%), Sodium: 446.44mg (19.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.96g (15.91%), Vitamin K: 33.35µg (31.76%), Manganese: 0.5mg (24.77%), Vitamin A: 784.97IU (15.7%), Phosphorus: 124.83mg (12.48%), Copper: 0.24mg (11.77%), Magnesium: 43.58mg (10.89%), Vitamin B3: 1.86mg (9.28%), Potassium: 302.37mg (8.64%), Folate: 33.39µg (8.35%), Fiber: 2.05g (8.22%), Iron: 1.15mg (6.4%), Zinc: 0.85mg (5.64%), Vitamin C: 4.22mg (5.12%), Selenium: 3.51µg (5.01%), Vitamin B6: 0.1mg (4.86%), Calcium: 45.03mg (4.5%), Vitamin E: 0.62mg (4.12%), Vitamin B2: 0.06mg (3.61%), Vitamin B1: 0.05mg (3.45%), Vitamin B5: 0.3mg (3.04%)