



Shrimp Summer Rolls with Asian Peanut Sauce

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



375 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons carrots shredded
- 1 tablespoon ginger fresh grated
- 3 cloves garlic minced
- 4 servings salt and ground pepper black to taste
- 2 tablespoons hot sauce
- 2 tablespoons juice of lime fresh
- 0.3 cup napa cabbage shredded

- 2 tablespoons olive oil
- 0.5 cup chunky peanut butter
- 8 inch sheets round rice paper (8 inch)
- 2 tablespoons sesame oil
- 0.3 pound shrimp deveined peeled
- 2 tablespoons teriyaki sauce

Equipment

- bowl
- whisk
- grill
- grill pan

Directions

- Preheat an outdoor grill or grill pan for medium-high heat.
- Place the shrimp in a bowl and toss with olive oil and salt and black pepper.
- Grill the shrimp on the preheated grill until opaque, 2 minutes per side.
- Remove from the grill and set aside.
- Combine the cabbage, carrot, garlic, 1 tablespoon ginger, teriyaki sauce, and lime juice in a bowl, stir well.
- Working with one at a time, wet rice paper with water and lay out on a clean surface.
- Place a quarter of the cabbage mixture in the center of the paper, top with a quarter of the shrimp. Shape the filling into a log shape and roll the rice paper around the filling, tucking the ends in as you go. Repeat with the remaining rice papers.
- Whisk together the peanut butter, teriyaki sauce, sesame oil, hot sauce, garlic, 1 tablespoon ginger, salt and pepper. Slice the rolls in half on an angle, and serve with the peanut sauce on the side.

Nutrition Facts



■ PROTEIN 14.67% ■ FAT 70.75% ■ CARBS 14.58%

Properties

Glycemic Index:42.46, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:11.319130462959%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 374.61kcal (18.73%), Fat: 30.79g (47.36%), Saturated Fat: 5.27g (32.97%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.2g (4.44%), Sugar: 5.34g (5.93%), Cholesterol: 46.1mg (15.37%), Sodium: 724.16mg (31.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.73%), Manganese: 0.59mg (29.66%), Vitamin E: 4.13mg (27.54%), Vitamin A: 1283.8IU (25.68%), Vitamin B3: 4.83mg (24.14%), Phosphorus: 197.93mg (19.79%), Magnesium: 74.86mg (18.71%), Copper: 0.28mg (14.19%), Vitamin C: 9.63mg (11.67%), Vitamin B6: 0.22mg (10.96%), Potassium: 352.27mg (10.06%), Folate: 39.42µg (9.85%), Zinc: 1.32mg (8.8%), Fiber: 2.07g (8.29%), Vitamin K: 8.7µg (8.28%), Iron: 1.2mg (6.68%), Vitamin B2: 0.1mg (6.09%), Vitamin B1: 0.09mg (5.98%), Calcium: 51.15mg (5.12%), Selenium: 3.23µg (4.62%), Vitamin B5: 0.42mg (4.21%)