



## Shrimp Summer Rolls with Dipping Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup carrots shredded ( 1 medium)
- ☐ 2 teaspoons chili paste depending on your taste pref red (from 4-oz jar)
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 7.3 oz hoisin sauce ( )
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 12 8-inch you will also need: parchment paper
- ☐ 4 oz vermicelli dried thin (from 8.8-oz package)
- ☐ 2 cups the of 1 cos lettuce shredded

- ☐ 1.8 cups shrimp frozen thawed cooked drained
- ☐ 1 cup water

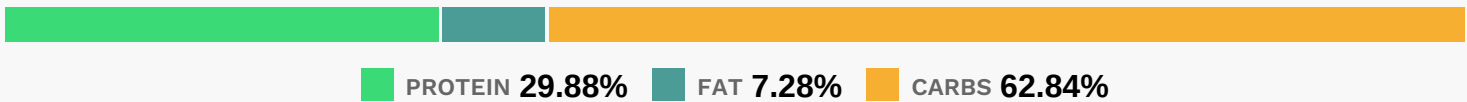
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ cutting board

## Directions

- ☐ In medium bowl, mix dipping sauce ingredients. Cover; refrigerate while continuing with recipe.
- ☐ Cook and drain noodles as directed on package. Meanwhile, in large bowl, mix lettuce, cilantro, carrot and shrimp.
- ☐ Sprinkle water over 1 paper towel; place on cutting board. Fill a 10-inch pie plate with water.
- ☐ Place 1 rice paper wrapper in water 45 to 60 seconds or until pliable but not completely softened. Gently remove wrapper from water, shaking to drain excess water; place on damp paper towel.
- ☐ Starting close to 1 edge of wrapper, form a row of about 1/4 cup noodles. On noodles, arrange about 1/3 cup of the lettuce mixture. Starting with edge covered with fillings, roll up wrapper over fillings, stopping after first turn to tuck in sides. Continue to roll up, tucking in sides. Repeat with remaining wrappers.
- ☐ Place rolls, seam sides down and without touching, on platter. (If rolls touch, they will stick together.)
- ☐ Serve immediately with sauce, or cover with moist paper towels and refrigerate up to 2 hours. To serve, cut each roll in half diagonally.

## Nutrition Facts



## Properties

Glycemic Index:5.7, Glycemic Load:2.32, Inflammation Score:-5, Nutrition Score:2.4208695221206%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 54.54kcal (2.73%), Fat: 0.44g (0.68%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 8.54g (2.85%), Net Carbohydrates: 8.03g (2.92%), Sugar: 2.55g (2.84%), Cholesterol: 28.08mg (9.36%), Sodium: 174.29mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin A: 822.9IU (16.46%), Vitamin K: 5.49µg (5.23%), Phosphorus: 50.42mg (5.04%), Copper: 0.09mg (4.46%), Manganese: 0.07mg (3.31%), Magnesium: 9.93mg (2.48%), Potassium: 79.86mg (2.28%), Folate: 8.63µg (2.16%), Zinc: 0.32mg (2.12%), Fiber: 0.51g (2.03%), Calcium: 17.78mg (1.78%), Iron: 0.29mg (1.6%), Vitamin B2: 0.03mg (1.57%), Selenium: 1.04µg (1.49%)