



Soft Asian Summer Rolls with Sweet and Savory Dipping Sauce

READY IN



20 min.

SERVINGS



6

CALORIES



120 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup carrots shredded
- ☐ 1 tablespoon carrots shredded finely
- ☐ 1 teaspoon chili sauce recommended: Sriracha
- ☐ 1 tablespoon juice of lime
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 0.5 cup mint leaves dried fresh whole rinsed
- ☐ 3 red-leaf lettuce leaves
- ☐ 2 ounces thai rice noodles

- ☐ 6 rice paper rounds
- ☐ 0.3 cup rice vinegar
- ☐ 1 scallion thinly sliced
- ☐ 6 medium shrimp cooked halved
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup thai basil leaves dried fresh rinsed or regular basil leaves
- ☐ 2 teaspoons warm water

Equipment

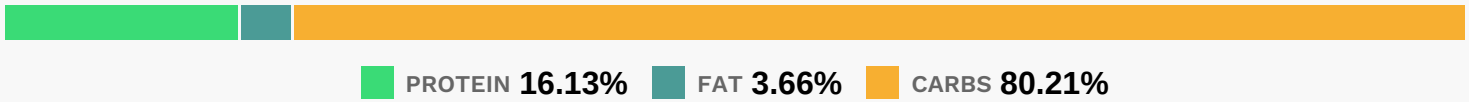
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring water to a boil and cook rice noodles according to package directions.
- ☐ Drain, rinse and cool (makes about 2 cups).
- ☐ Line up ingredients in small bowls before beginning to make rolls. Fill a large bowl or saucepan with very warm water.
- ☐ Place a rice paper round in the hot water. Soak for between 30 seconds and 1 minute, or until rice round is pliable and pattern on the round is barely visible.
- ☐ Remove and place on a clean, slightly damp kitchen towel.
- ☐ Place 2 basil leaves on the inner edge of the rice round, about 1-inch from the edge and leaving about 1-inch on each side. Top with approximately 1/4 cup cooked rice noodles.
- ☐ Place 2 shrimp halves on top. Top with about 2 tablespoons carrots, then 2 leaves of mint. Fold 1 piece of lettuce leaf and place on top of pile. Bring the edge over filling and tuck underneath. As you continue to roll, fold in the sides. Finish rolling, repeat with the other rolls, and reserve under a damp cloth or paper towel. When ready to serve, slice in half and serve, cut ends up, with dipping sauce.

Dissolve sugar in warm water, combine with other ingredients, and chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:62.29, Glycemic Load:6.33, Inflammation Score:-9, Nutrition Score:7.8456520358829%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin: 0.61mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 120.36kcal (6.02%), Fat: 0.48g (0.74%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 23.64g (7.88%), Net Carbohydrates: 22.25g (8.09%), Sugar: 2.95g (3.28%), Cholesterol: 17.81mg (5.94%), Sodium: 193.28mg (8.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.51%), Vitamin A: 3329.67IU (66.59%), Manganese: 0.3mg (14.75%), Selenium: 6.97µg (9.95%), Vitamin K: 10.09µg (9.61%), Vitamin B1: 0.13mg (8.56%), Folate: 30.61µg (7.65%), Vitamin C: 5.57mg (6.75%), Vitamin B3: 1.34mg (6.69%), Phosphorus: 65.97mg (6.6%), Iron: 1.18mg (6.56%), Vitamin B2: 0.11mg (6.4%), Fiber: 1.39g (5.54%), Copper: 0.1mg (5.07%), Potassium: 149.23mg (4.26%), Magnesium: 16.61mg (4.15%), Calcium: 39.49mg (3.95%), Zinc: 0.46mg (3.09%), Vitamin B6: 0.05mg (2.43%), Vitamin E: 0.17mg (1.11%)