



Spicy Summer Rolls with Peanut Dipping Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



401 kcal

SIDE DISH

Ingredients

- ☐ 1 cup basil fresh italian (Asian or)
- ☐ 2.8 cups carrots grated (1 pound; use large holes on a box grater)
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 cup mint leaves fresh
- ☐ 0.7 cup hoisin sauce (see Cooks' notes:)
- ☐ 3 tablespoons jalapeno finely chopped
- ☐ 2 tablespoons juice of lime fresh divided

- ☐ 4 cups napa cabbage thinly sliced coarsely chopped
- ☐ 1 cup peanuts finely chopped
- ☐ 3 ounces vermicelli dried
- ☐ 8 inch you will also need: parchment paper plus more in case some tear
- ☐ 1.5 tablespoons soya sauce
- ☐ 1.5 teaspoons sugar
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ ziploc bags
- ☐ kitchen towels

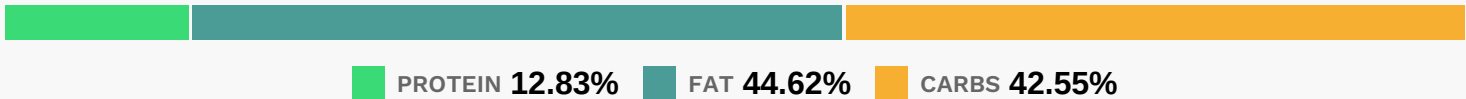
Directions

- ☐ Whisk together sauce ingredients in a bowl until smooth. Set aside.
- ☐ Put noodles in a heat-proof bowl and cover with boiling-hot water. Soak noodles for 10 minutes then drain and pat dry. Toss noodles with 1 tablespoon lime juice.
- ☐ Cut noodles with kitchen shears or knife in 5 or 6 places.
- ☐ Stir together sugar and remaining tablespoon lime juice in another bowl until sugar is dissolved, then toss with carrots and chiles.
- ☐ Gently immerse 1 rice-paper round in a large bowl of hot tap water and let stand until soft and pliable, 15 to 20 seconds. Lift out, letting excess water drip off, then lay round on a work surface, smoothing it out. If round is still very wet, gently blot top with kitchen towel.
- ☐ Arrange about 1/4 cup cabbage across center of round, leaving about 1 1/2 inches uncovered on both sides. Top cabbage evenly with 3 tablespoons carrot mixture, then sprinkle with 1 generous tablespoon peanuts. Cover mound of vegetables with a layer each of mint and basil

leaves. Top evenly with about 2 tablespoons noodles.

- ☐ Fold edge of wrapper nearest you over filling, tucking in filling as tightly as possible, until it touches other side of wrapper, then fold in sides and continue to tightly roll until sealed.
- ☐ Put roll on a rimmed baking sheet lined with a damp towel and cover with another damp towel. Make 11 more rolls in same manner, storing them on baking sheet without touching.
- ☐ •Commercial hoisin sauces can vary quite a bit in flavor. We think Lee Kum Kee is a good brand. •Sauce can be made 1 day ahead and kept chilled. Bring to room temperature before using. •You will likely have leftovers of some of the filling ingredients and sauce, but when making these rolls, it's better to have a little extra rather than not enough. The sauce is excellent on just about anything: chicken, pork, steak, tofu, and vegetables. Gourmet Live staffers swooned over it. •
- ☐ Rolls can be made 6 hours ahead, wrapped individually in plastic wrap, and then stored in a resealable plastic bag and chilled.

Nutrition Facts



Properties

Glycemic Index:58.7, Glycemic Load:10.32, Inflammation Score:-10, Nutrition Score:24.827391324241%

Flavonoids

Eriodictyol: 2.43mg, Eriodictyol: 2.43mg, Eriodictyol: 2.43mg, Eriodictyol: 2.43mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 401.25kcal (20.06%), Fat: 20.94g (32.21%), Saturated Fat: 3.58g (22.37%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 37.59g (13.67%), Sugar: 14.82g (16.47%), Cholesterol: 1.22mg (0.41%), Sodium: 906.9mg (39.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.54g (27.08%), Vitamin A: 10577.23IU (211.54%), Manganese: 1.37mg (68.36%), Vitamin K: 47.69µg (45.42%), Vitamin B3: 7.58mg (37.89%), Vitamin C: 30.76mg (37.29%), Folate: 146.87µg (36.72%), Fiber: 7.32g (29.29%), Magnesium: 105.32mg (26.33%), Phosphorus: 230.49mg (23.05%), Copper: 0.43mg (21.61%), Vitamin B6: 0.43mg (21.36%), Potassium: 702.08mg (20.06%), Vitamin B1: 0.28mg (18.71%), Iron: 2.69mg (14.96%), Vitamin E: 2.15mg (14.34%), Vitamin B2: 0.24mg (13.95%), Calcium: 133.32mg (13.33%), Zinc: 1.51mg (10.1%), Selenium: 6.44µg (9.2%), Vitamin B5: 0.9mg (9.05%)