



Spring Rolls with Peanut Sauce



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



16

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado sliced
- ☐ 2 tablespoons brown sugar
- ☐ 1 large carrots julienned
- ☐ 1 cucumber julienned peeled seeded
- ☐ 0.3 cup so delicious dairy free lite culinary coconut milk
- ☐ 4 cloves garlic
- ☐ 1 inch ginger root chopped
- ☐ 4 green onions sliced

- ☐ 1 juice of lime juiced
- ☐ 0.3 cup mint leaves
- ☐ 0.5 cup natural peanut butter
- ☐ 1 bell pepper red julienned
- ☐ 0.5 teaspoon pepper flakes red (or 1 teaspoon if you like it hot!)
- ☐ 0.3 head romaine lettuce cut into strips
- ☐ 0.3 cup soya sauce gluten free for option (or tamari)
- ☐ 1 package spring roll size rice paper

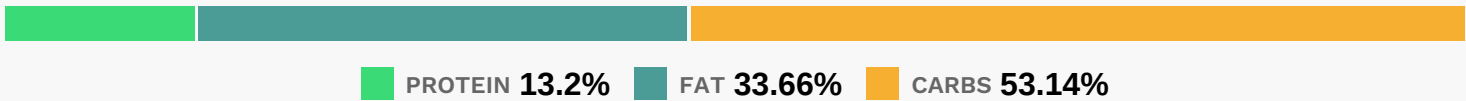
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ To make the peanut sauce, put all of the ingredients in a food processor or high speed blender, and process until smooth.Prepare rice paper according to package directions. Assemble bell pepper, carrots, cucumber, lettuce, mint, avocado, and green onions in the center of one piece of rice paper, and roll up.
- ☐ Serve with the peanut sauce.

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.76, Inflammation Score:-8, Nutrition Score:10.573478245217%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg 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: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 170.87kcal (8.54%), Fat: 6.59g (10.13%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 23.4g (7.8%), Net Carbohydrates: 20.82g (7.57%), Sugar: 3.56g (3.96%), Cholesterol: 2.53mg (0.84%), Sodium: 407.6mg (17.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin A: 1966.17IU (39.32%), Manganese: 0.41mg (20.31%), Vitamin K: 21.3µg (20.28%), Vitamin C: 13.9mg (16.85%), Folate: 66.35µg (16.59%), Vitamin B3: 3.28mg (16.42%), Vitamin B1: 0.19mg (12.95%), Selenium: 8.66µg (12.37%), Vitamin B2: 0.18mg (10.42%), Fiber: 2.59g (10.34%), Iron: 1.56mg (8.66%), Vitamin E: 1.3mg (8.66%), Magnesium: 31.31mg (7.83%), Vitamin B6: 0.15mg (7.62%), Phosphorus: 75.17mg (7.52%), Potassium: 244.61mg (6.99%), Copper: 0.14mg (6.98%), Zinc: 0.63mg (4.18%), Calcium: 39.43mg (3.94%), Vitamin B5: 0.39mg (3.9%)