



Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 avocado peeled cut into strips
- 0.5 cucumber julienned
- 6 servings cilantro leaves fresh chopped to taste
- 2 cloves garlic minced
- 1 tablespoon lemon grass pureed
- 0.3 pineapple julienned
- 1 bell pepper red julienned
- 16 pieces you will also need: parchment paper

- 1 cup vermicelli cooked
- 1 cup vermicelli cooked
- 2 teaspoons sesame oil
- 3 tablespoons soya sauce
- 2 teaspoons sugar
- 1 cup spicy tofu cut into strips and marinated
- 1 tablespoon frangelico
- 1 tablespoon frangelico

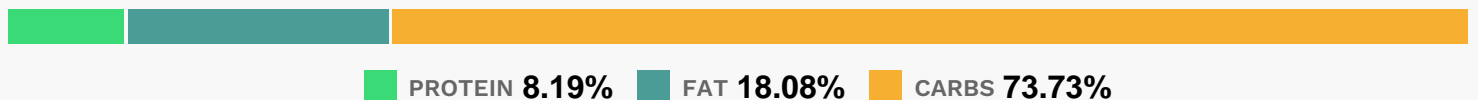
Equipment

- frying pan

Directions

- Place all marinade ingredients in a zip lock bag. Seal bag and shake to coat the tofu.
- Place in the fridge for at least half an hour or up to one day. When ready to assemble rolls, place a piece of rice paper in a shallow pan of water. Leave in water, turning once, until the sheet is flexible.
- Place on a flat moist surface and arrange piece of avocado and a piece of tofu near the edge of the rice paper that is closest to you.
- Add 2-4 pieces of cucumber, pineapple, and red bell pepper each. Top with a small amount of vermicelli and a few sprigs of cilantro. Take the edge of the rice paper and holding the filling tightly begin to roll as if rolling a burrito. Make sure to fold the sides inward as you go.
- Place finished roll on platter to dry. Repeat steps until you run out of ingredients.
- Serve with thai chili sauce or spicy peanut sauce.

Nutrition Facts



Properties

Glycemic Index:70.63, Glycemic Load:41.66, Inflammation Score:-7, Nutrition Score:13.193043478261%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Taste

Sweetness: 100%, Saltiness: 11.8%, Sourness: 55.98%, Bitterness: 45.56%, Savoriness: 55.59%, Fattiness: 49.4%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 434.81kcal (21.74%), Fat: 8.73g (13.42%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 80.05g (26.68%), Net Carbohydrates: 74.95g (27.25%), Sugar: 6.73g (7.48%), Cholesterol: 0.24mg (0.08%), Sodium: 667.47mg (29.02%), Protein: 8.9g (17.79%), Vitamin C: 47.92mg (58.09%), Manganese: 0.95mg (47.65%), Fiber: 5.1g (20.4%), Selenium: 13.11µg (18.72%), Phosphorus: 167.78mg (16.78%), Vitamin A: 717.02IU (14.34%), Folate: 53.54µg (13.39%), Vitamin B6: 0.24mg (12.13%), Copper: 0.21mg (10.47%), Iron: 1.87mg (10.41%), Vitamin K: 10.58µg (10.08%), Potassium: 334.93mg (9.57%), Calcium: 85.16mg (8.52%), Magnesium: 33.99mg (8.5%), Vitamin B3: 1.67mg (8.33%), Vitamin B1: 0.12mg (7.79%), Vitamin B5: 0.75mg (7.5%), Vitamin B2: 0.12mg (6.97%), Vitamin E: 1.04mg (6.96%), Zinc: 1.02mg (6.83%)