



Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 tsp pepper black
- ☐ 2 tsp canola oil
- ☐ 1 oz vermicelli
- ☐ 2 large egg whites lightly beaten
- ☐ 1 tsp fish sauce
- ☐ 1 lb pd of ground turkey lean
- ☐ 1 cup mung bean sprouts canned drained
- ☐ 1 tsp oyster sauce

- ☐ 0.5 bell pepper green red cored seeded cut into thin strips
- ☐ 8 inches sheets you will also need: parchment paper (8 inches each) (found in grocery stores' Asian section)
- ☐ 1 cup spring onion chopped
- ☐ 0.5 cup mushroom caps chopped
- ☐ 1 tsp sugar

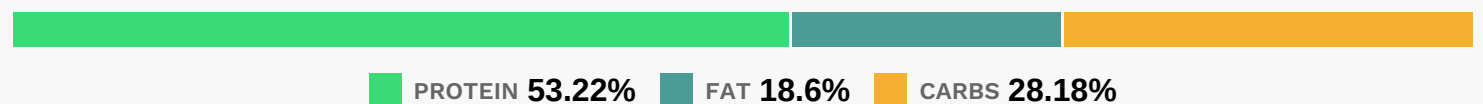
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ cutting board

Directions

- ☐ Boil noodles in salted water for 3 minutes; drain; set aside.
- ☐ Combine turkey, egg whites, scallions, mushrooms, fish sauce, oyster sauce, sugar and black pepper in a bowl.
- ☐ Heat oil in a large skillet over medium-high heat; cook turkey mixture, stirring, until dry and crumbly, about 7 minutes.
- ☐ Remove from heat. Push meat to one side; place pepper strips in pan. Fill a bowl with warm water. Soak 1 piece rice paper until pliable, but not entirely soft, 10 to 15 seconds.
- ☐ Lay flat on a cutting board.
- ☐ Place 2 bell pepper strips across wrapper 2 inches from bottom. On top of strips, layer 1/2 cup turkey mixture, 1/8 of mung beans, 1/8 of noodles and 1/8 of pepper strips to form a log-shaped pile. Fold bottom edge of wrapper up and sides in against filling.
- ☐ Roll up to top edge. Repeat with remaining ingredients.
- ☐ Cut in half on bias.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:1.56, Inflammation Score:-6, Nutrition Score:20.128695643466%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 229.16kcal (11.46%), Fat: 4.84g (7.44%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 16.49g (5.5%), Net Carbohydrates: 14.25g (5.18%), Sugar: 3.91g (4.34%), Cholesterol: 62.83mg (20.94%), Sodium: 282.27mg (12.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.15g (62.31%), Vitamin B3: 12.87mg (64.33%), Vitamin K: 63.24µg (60.23%), Vitamin B6: 1.14mg (56.92%), Selenium: 32.48µg (46.41%), Phosphorus: 324.81mg (32.48%), Vitamin C: 20.1mg (24.36%), Vitamin B2: 0.33mg (19.5%), Zinc: 2.59mg (17.24%), Potassium: 592.76mg (16.94%), Vitamin B5: 1.6mg (15.97%), Magnesium: 56.43mg (14.11%), Folate: 52.27µg (13.07%), Manganese: 0.24mg (12.02%), Iron: 2.01mg (11.17%), Vitamin B1: 0.16mg (10.45%), Vitamin B12: 0.61µg (10.13%), Copper: 0.2mg (10.04%), Fiber: 2.24g (8.96%), Vitamin A: 339.67IU (6.79%), Vitamin E: 0.7mg (4.68%), Vitamin D: 0.57µg (3.78%), Calcium: 33.84mg (3.38%)