



Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



514 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons fish sauce (nuoc nam or nam pla)
- ☐ 2 carrots shredded peeled (8 oz. total)
- ☐ 2 tablespoons chili sauce sweet
- ☐ 10 oz cucumber english rinsed halved lengthwise thinly sliced into half-moons
- ☐ 1 tablespoon juice of lime
- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 6 ounces the salad mixed rinsed
- ☐ 6 oz bell pepper red rinsed

- ☐ 3.5 ounces vermicelli thin (half of a 7-oz. pkg.)
- ☐ 12 you will also need: parchment paper (bánh tráng; 8 in. wide)
- ☐ 2 tablespoons roasted peanuts chopped
- ☐ 8 ounces chicken shredded cooked
- ☐ 12 ounces shrimp shelled cooked per lb.), tails removed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen scissors

Directions

- ☐ In a 4- to 5-quart pan over high heat, bring 3 quarts water to a boil.
- ☐ Add rice noodles, stir to separate, and cook until tender to bite, 3 to 5 minutes.
- ☐ Drain, rinse with cold water until cool, and drain again. Using scissors, cut noodles into about 3-inch lengths.
- ☐ Meanwhile, stem and seed bell pepper; cut lengthwise into 1/4-inch slices, then crosswise into 2-inch lengths. In a small bowl, stir together fish sauce, sweet chili sauce, and lime juice.
- ☐ Mound rice noodles in the center of a large platter.
- ☐ Drizzle 1 tablespoon fish sauce mixture over noodles, then sprinkle with chopped peanuts. Mound bell pepper, shrimp, chicken, greens, cucumber slices, shredded carrots, mint, and cilantro around noodles.
- ☐ Pour 1 inch hot tap water into a large, shallow bowl. Submerge rice-paper wrappers, one or two at a time, until flexible and tender, about 30 seconds. Carefully remove and let drain briefly; stack on a plate.
- ☐ Offer platter of fillings for diners to assemble their own summer rolls, with remaining fish sauce mixture alongside for dipping. To roll, add desired fillings in a strip across center of a wrapper; fold in sides over filling, then roll up tightly from the edge closest to you, like a burrito.

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:13.25, Inflammation Score:-10, Nutrition Score:31.230000143466%

Flavonoids

Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg, Eriodictyol: 3.56mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg, Luteolin: 1.72mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 513.53kcal (25.68%), Fat: 8.08g (12.43%), Saturated Fat: 1.77g (11.09%), Carbohydrates: 67.92g (22.64%), Net Carbohydrates: 62.85g (22.86%), Sugar: 5.97g (6.63%), Cholesterol: 184.58mg (61.53%), Sodium: 1735.6mg (75.46%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 42.12g (84.24%), Vitamin A: 7547.88IU (150.96%), Vitamin C: 74.05mg (89.76%), Selenium: 35.91µg (51.3%), Manganese: 1.02mg (50.84%), Vitamin B3: 10.01mg (50.05%), Phosphorus: 463.25mg (46.32%), Folate: 125.71µg (31.43%), Copper: 0.63mg (31.34%), Magnesium: 120.93mg (30.23%), Vitamin B1: 0.45mg (29.87%), Vitamin B6: 0.58mg (28.78%), Potassium: 947.03mg (27.06%), Iron: 4.81mg (26.73%), Vitamin B2: 0.45mg (26.42%), Zinc: 3.27mg (21.78%), Fiber: 5.06g (20.26%), Vitamin K: 18.15µg (17.28%), Calcium: 162.57mg (16.26%), Vitamin B5: 1.16mg (11.59%), Vitamin E: 1.05mg (6.98%), Vitamin B12: 0.24µg (4.01%)