



Summer Rolls with Ginger Dipping Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



89 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bean sprouts
- ☐ 1 medium carrots julienned
- ☐ 1 pinch cilantro leaves chopped
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 1 small cucumber julienned
- ☐ 0.5 teaspoon fish sauce
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 tablespoon ginger fresh minced

- ☐ 8 inch sheets rice plus more in case some tear 8-inch
- ☐ 1 pinch scallions chopped
- ☐ 4 to 5 scallions julienned
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons soya sauce
- ☐ 4 servings warm water for soaking rice sheets
- ☐ 6 water chestnuts thinly sliced

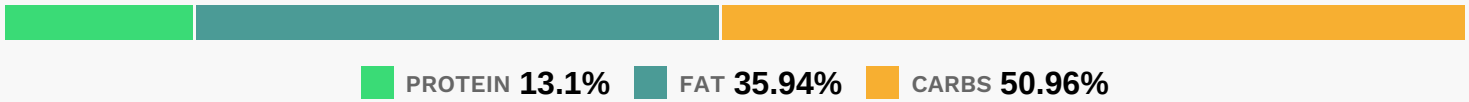
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a medium bowl combine the julienned carrot, cucumber, bean sprouts, scallions, water chestnuts, ginger, cilantro, soy sauce and fish sauce.
- ☐ Mix well. Take a rice sheet and dip in warm water.
- ☐ Place it on a clean surface and leave it for a few seconds to soften.
- ☐ Place a spoonful of the mixture in the center of the sheet and fold into a square packet as if you were making a burrito. Repeat with the rest of the rice sheets and mixture.;
- ☐ In a small bowl whisk sesame oil, soy sauce, ginger, scallions and cilantro and serve with summer rolls.;

Nutrition Facts



Properties

Glycemic Index:77.75, Glycemic Load:3.38, Inflammation Score:-9, Nutrition Score:8.2973913496927%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 89.48kcal (4.47%), Fat: 3.73g (5.74%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 9.9g (3.6%), Sugar: 2.91g (3.23%), Cholesterol: 0mg (0%), Sodium: 841.27mg (36.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin A: 2724.68IU (54.49%), Vitamin K: 36.11µg (34.39%), Manganese: 0.25mg (12.45%), Vitamin C: 6.71mg (8.13%), Copper: 0.16mg (8.13%), Fiber: 2.01g (8.03%), Folate: 29.17µg (7.29%), Vitamin B6: 0.14mg (6.81%), Potassium: 232.13mg (6.63%), Magnesium: 24.71mg (6.18%), Iron: 1mg (5.56%), Phosphorus: 53.81mg (5.38%), Vitamin B3: 1.06mg (5.3%), Vitamin B2: 0.07mg (4.39%), Vitamin B1: 0.05mg (3.66%), Calcium: 34.17mg (3.42%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.43mg (2.88%), Vitamin E: 0.36mg (2.43%), Selenium: 1.32µg (1.88%)