



WHATSheATE



Summer Rolls With Thai Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 1.5 teaspoons five spice powder chinese
- ☐ 2 cups bean sprouts
- ☐ 0.5 pound cabbage shredded
- ☐ 2.5 cups carrots shredded
- ☐ 1 cup cilantro leaves fresh minced
- ☐ 3 tablespoons ginger fresh minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 teaspoon pepper dried red crushed

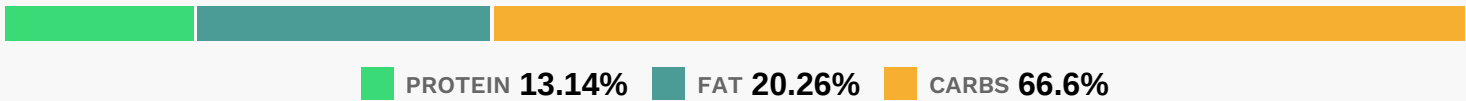
- ☐ 18 you will also need: parchment paper
- ☐ 0.3 cup rice vinegar
- ☐ 2 tablespoons sesame oil
- ☐ 2 tablespoons soya sauce
- ☐ 12 servings thai fish sauce

Equipment

Directions

- ☐ Combine first 11 ingredients. Cover and chill at least 8 hours.
- ☐ Drain.
- ☐ Place a rice paper wrapper in warm water for 30 to 45 seconds or until softened; place on a flat surface. Spoon 1/4 cup vegetable mixture below center of wrapper. Fold bottom corner over filling; fold in both sides, and roll up.
- ☐ Place, seam side down, on a serving plate; cover with a damp towel. Repeat procedure with remaining wrappers and filling.
- ☐ Cut rolls in half; serve with Thai Dipping Sauce.
- ☐ Note: Rice paper wrappers and fish sauce are available in large supermarkets and Asian grocery stores.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:11.776087032064%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 132.05kcal (6.6%), Fat: 3.01g (4.62%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 19.91g (7.24%), Sugar: 2.78g (3.08%), Cholesterol: 2.57mg (0.86%), Sodium: 436.04mg (18.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.77%), Vitamin A: 4642.92IU (92.86%), Vitamin K: 32.54µg (31%), Manganese: 0.33mg (16.52%), Vitamin C: 11.73mg (14.22%), Vitamin B1: 0.2mg (13.21%), Folate: 51.78µg (12.94%), Selenium: 8.46µg (12.09%), Vitamin B3: 2.2mg (10.99%), Vitamin B2: 0.16mg (9.7%), Fiber: 2.33g (9.3%), Iron: 1.64mg (9.13%), Potassium: 206.42mg (5.9%), Phosphorus: 55.58mg (5.56%), Vitamin B6: 0.11mg (5.34%), Copper: 0.11mg (5.28%), Magnesium: 20.43mg (5.11%), Calcium: 39.81mg (3.98%), Zinc: 0.44mg (2.94%), Vitamin E: 0.37mg (2.45%), Vitamin B5: 0.22mg (2.16%)