



Tandoori Shrimp Spring Rolls with Pineapple Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



266 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cornstarch
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon sesame oil dark
- ☐ 1.5 cups bean sprouts fresh
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh peeled finely chopped
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped

- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 teaspoons horseradish prepared
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 cups napa cabbage shredded chinese finely ()
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup pineapple preserves
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 cup skinny rice stick noodles cooked uncooked (1 ounce py mai fun)
- ☐ 8 inch sheets round rice paper (8-inch)
- ☐ 0.5 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1 tablespoon water
- ☐ 8 ounce carton yogurt plain fat-free

Equipment

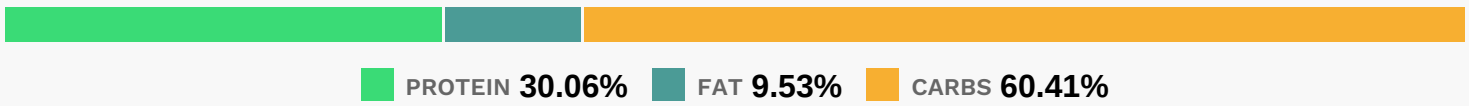
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

Directions

- ☐ To prepare rolls, combine first 6 ingredients in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- ☐ Remove shrimp from bag, discarding marinade.
- ☐ Heat olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add shrimp; saut 4 minutes or until done. Stir in cabbage and next 5 ingredients (cabbage through salt); cook 2 minutes, stirring occasionally.

- ☐ Combine cornstarch and 1 tablespoon water in a small bowl. Stir cornstarch mixture into shrimp mixture; cook 1 minute or until slightly thickened.
- ☐ Add hot water to a large, shallow dish to a depth of 1 inch.
- ☐ Place 1 rice paper sheet in dish.
- ☐ Let stand for 30 seconds or just until soft.
- ☐ Place the sheet on a flat surface. Arrange about 1/2 cup shrimp mixture to cover half of sheet, leaving a 1/2-inch border. Fold sides of sheet over filling; starting with filled side, roll up jelly-roll fashion. Gently press seam to seal; place, seam side down, on a serving platter (cover to keep from drying). Repeat procedure with remaining sheets and shrimp mixture.
- ☐ Cut each roll in half crosswise.
- ☐ To prepare sauce, combine pineapple preserves and remaining ingredients in a small bowl, stirring with a whisk.
- ☐ Serve with spring rolls.
- ☐ Garnish with green onion strips, if desired.

Nutrition Facts



Properties

Glycemic Index:57.67, Glycemic Load:17.33, Inflammation Score:-8, Nutrition Score:10.933913033942%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 266.46kcal (13.32%), Fat: 2.83g (4.35%), Saturated Fat: 0.48g (3.01%), Carbohydrates: 40.33g (13.44%), Net Carbohydrates: 38.62g (14.04%), Sugar: 14.65g (16.28%), Cholesterol: 122.77mg (40.92%), Sodium: 485.42mg (21.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.07g (40.15%), Phosphorus: 290.56mg (29.06%), Vitamin K: 29.7µg (28.29%), Vitamin C: 19.1mg (23.15%), Copper: 0.41mg (20.63%), Calcium: 164.6mg (16.46%), Manganese: 0.31mg (15.55%), Potassium: 481.96mg (13.77%), Folate: 54.23µg (13.56%), Magnesium: 51.98mg (12.99%), Zinc: 1.82mg (12.1%), Vitamin B2: 0.18mg (10.63%), Selenium: 6.3µg (9.01%), Iron: 1.36mg (7.57%), Vitamin

B6: 0.14mg (7.13%), Fiber: 1.71g (6.85%), Vitamin B1: 0.09mg (6.18%), Vitamin B5: 0.43mg (4.26%), Vitamin A: 209.89IU (4.2%), Vitamin B12: 0.23µg (3.85%), Vitamin B3: 0.72mg (3.61%), Vitamin E: 0.39mg (2.63%)