



Thai Crab Rolls



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



18

CALORIES



116 kcal

Ingredients

- ☐ 1 bird's eye chile minced seeded
- ☐ 15 boston lettuce leaves rinsed
- ☐ 1 pound crab meat flaked drained
- ☐ 1 egg yolk beaten
- ☐ 1 clove garlic
- ☐ 1 tablespoon mayonnaise
- ☐ 0.3 cup rice vinegar
- ☐ 2 pinches salt
- ☐ 1 teaspoon soya sauce

- ☐ 12 ounce you will also need: parchment paper
- ☐ 1 tablespoon tamarind paste
- ☐ 1 cup vegetable oil for deep-frying
- ☐ 2 tablespoons sugar white

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ blender

Directions

- ☐ In a medium bowl, mix together the crabmeat, mayonnaise, tamarind paste, chile pepper and salt. Spoon about 2 tablespoons of the mixture onto the center of a spring roll square. Fold one corner up just past the filling, and press to seal.
- ☐ Brush the open section of the roll with egg yolk. This does not just seal the roll, it also crisps it. Fold the two corners on either side of the folded corner towards the center.
- ☐ Roll up the filling tightly towards the remaining point. Seal the point with a little more egg if necessary. Repeat with remaining wrappers.
- ☐ Add enough oil to a heavy skillet to cover the rolls about half way.
- ☐ Heat over medium-high heat until oil is sizzling hot. Fry rolls a few at a time for 45 to 50 seconds, until golden.
- ☐ Remove to paper towels to drain.
- ☐ To make the dipping sauce, combine the rice vinegar, soy sauce, garlic clove and sugar in the container of a blender or food processor. Process until smooth.
- ☐ To serve, line a serving platter with lettuce leaves, and place a small bowl of the dipping sauce in the center. Arrange crab rolls on top of lettuce leaves around the dip.

Nutrition Facts



 **PROTEIN 24.08%**  **FAT 29.52%**  **CARBS 46.4%**

Properties

Glycemic Index:15.56, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:8.0682609495909%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 116.12kcal (5.81%), Fat: 3.74g (5.76%), Saturated Fat: 0.63g (3.97%), Carbohydrates: 13.24g (4.41%), Net Carbohydrates: 12.7g (4.62%), Sugar: 1.82g (2.02%), Cholesterol: 23.41mg (7.8%), Sodium: 386.88mg (16.82%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.87g (13.74%), Vitamin B12: 2.29µg (38.2%), Selenium: 15.22µg (21.74%), Vitamin K: 18.57µg (17.68%), Copper: 0.27mg (13.27%), Zinc: 1.69mg (11.25%), Folate: 38.19µg (9.55%), Vitamin A: 439.87IU (8.8%), Vitamin B1: 0.12mg (8.16%), Phosphorus: 80.6mg (8.06%), Manganese: 0.16mg (7.97%), Vitamin B3: 1.38mg (6.9%), Vitamin B2: 0.1mg (5.76%), Iron: 1.01mg (5.6%), Magnesium: 18.88mg (4.72%), Vitamin C: 2.71mg (3.29%), Vitamin B6: 0.06mg (3.05%), Potassium: 105.53mg (3.02%), Calcium: 27.51mg (2.75%), Fiber: 0.53g (2.13%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.15mg (1.47%)