



Turkey-Basil Rolls

 Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



305 kcal

Ingredients

- ☐ 12 basil
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.8 cup carrots
- ☐ 0.8 pound pd of ground turkey
- ☐ 8 inch sheets you will also need: parchment paper (8-inch)
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon suya seasoning mix salt-free (such as Frontier)
- ☐ 6 tablespoons sesame-ginger dressing light (such as Newman's Own)

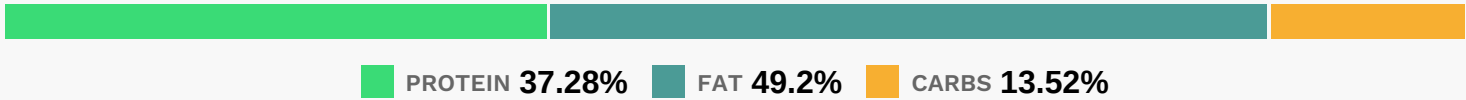
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium–high heat. Coat with cooking spray.
- ☐ Add turkey and next 3 ingredients; cook 5 minutes or until done.
- ☐ Combine turkey mixture and coleslaw in a medium bowl.
- ☐ Add hot water to a large, shallow dish to a depth of 1 inch.
- ☐ Place 1 rice paper sheet in dish; let stand 30 seconds or just until soft.
- ☐ Place sheet on a flat surface. Arrange 2 basil leaves on top third of sheet. Arrange 1/3 cup turkey mixture on bottom third of sheet. Folding sides of sheet over filling and starting with filled side, roll up jelly–roll fashion. Gently press seam to seal.
- ☐ Place roll, seam side down, on a serving platter (cover to keep from drying).
- ☐ Repeat procedure with remaining sheets, basil, and turkey mixture. Slice each roll in half diagonally.
- ☐ Serve rolls with dressing as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:51.28, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:19.56173916485%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 304.56kcal (15.23%), Fat: 16.9g (26.01%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 10.45g (3.48%), Net Carbohydrates: 8.7g (3.16%), Sugar: 4.22g (4.69%), Cholesterol: 62.98mg (20.99%), Sodium: 535.85mg (23.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.82g (57.65%), Vitamin A: 5486.02IU (109.72%), Vitamin B3: 11.75mg (58.73%), Vitamin B6: 1.03mg (51.48%), Selenium: 27.57µg (39.38%), Vitamin K: 34.16µg (32.54%), Phosphorus: 288.32mg (28.83%), Zinc: 2.19mg (14.6%), Potassium: 510.02mg (14.57%), Vitamin E: 2.06mg

(13.7%), Vitamin B5: 1.1mg (11%), Magnesium: 41.61mg (10.4%), Vitamin B2: 0.17mg (9.95%), Iron: 1.76mg (9.77%), Vitamin B12: 0.58µg (9.66%), Manganese: 0.18mg (8.83%), Vitamin B1: 0.13mg (8.58%), Fiber: 1.75g (7.02%), Folate: 24.04µg (6.01%), Copper: 0.1mg (5.19%), Calcium: 39.97mg (4%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.19mg (2.66%)