



Vegetable Summer Rolls

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce vermicelli (cellophane noodles)
- ☐ 0.3 cup carrots shredded (1 medium)
- ☐ 1 tablespoon creamy peanut butter
- ☐ 0.3 cup basil fresh (preferably Thai)
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 1 small garlic clove minced
- ☐ 1 tablespoon hoisin sauce

- ☐ 0.5 cup napa cabbage thinly sliced
- ☐ 3 tablespoons onion finely chopped
- ☐ 2 romaine leaves halved
- ☐ 0.8 teaspoon pepper dried red hot
- ☐ 32 inch you will also need: parchment paper
- ☐ 1 tablespoon seasoned rice vinegar
- ☐ 0.8 teaspoon sugar
- ☐ 1 teaspoon tomato paste
- ☐ 1 teaspoon vegetable oil
- ☐ 3 tablespoons water

Equipment

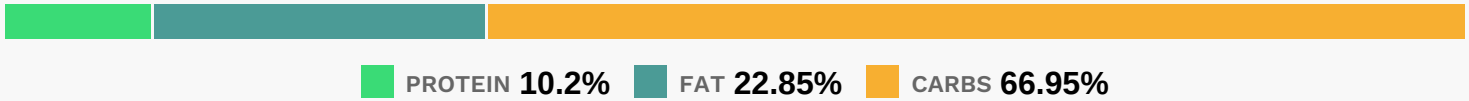
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Cook onion, garlic, and red pepper flakes in oil in a small heavy saucepan over moderate heat, stirring, until pale golden, about 4 minutes.
- ☐ Whisk in remaining sauce ingredients. Simmer, whisking, 1 minute, then cool.
- ☐ Cover noodles with boiling-hot water and soak 15 minutes, then drain well in a sieve. Pat dry between paper towels and toss with vinegar and salt to taste.
- ☐ Put a double thickness of paper towel on a work surface and fill a shallow baking pan with warm water. Soak 1 rice-paper round (make sure there are no holes) in warm water until pliable, 30 seconds to 1 minute, then transfer to paper towels.
- ☐ Arrange 1 piece of lettuce on bottom half of soaked rice paper, folding or tearing to fit and leaving a 1-inch border along edge.

- ☐ Spread one fourth of peanut sauce over lettuce and top with one fourth each of mint, basil, cabbage, and noodles.
- ☐ Roll up rice paper tightly around filling and, after rolling halfway, arrange one fourth of cilantro and carrot along crease. Then fold in sides and continue rolling.
- ☐ Transfer summer roll to a plate and cover with dampened paper towels.
- ☐ Make 3 more rolls in same manner.
- ☐ Serve rolls halved on the diagonal.
- ☐ Summer rolls may be made 6 hours ahead and chilled, wrapped in dampened paper towels in a sealed plastic bag. Bring rolls to room temperature before halving and serving.

Nutrition Facts



Properties

Glycemic Index:104.23, Glycemic Load:1.36, Inflammation Score:-9, Nutrition Score:9.2543479544313%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 146.88kcal (7.34%), Fat: 3.77g (5.81%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 23.02g (8.37%), Sugar: 3.57g (3.97%), Cholesterol: 1.95mg (0.65%), Sodium: 230.94mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin A: 3104.11IU (62.08%), Manganese: 0.36mg (18.24%), Vitamin K: 17.52µg (16.69%), Folate: 42.65µg (10.66%), Vitamin B1: 0.15mg (10.33%), Vitamin B3: 2.06mg (10.31%), Selenium: 7µg (10.01%), Vitamin C: 7.92mg (9.61%), Iron: 1.46mg (8.13%), Vitamin B2: 0.14mg (7.95%), Fiber: 1.85g (7.4%), Vitamin B6: 0.12mg (5.77%), Vitamin E: 0.84mg (5.61%), Magnesium: 21.82mg (5.46%), Potassium: 186.93mg (5.34%), Phosphorus: 53mg (5.3%), Copper: 0.1mg (4.98%), Calcium: 45.32mg (4.53%), Zinc: 0.46mg (3.04%), Vitamin B5: 0.13mg (1.34%)