




 **15%**  
HEALTH SCORE

# Vegetarian Summer Rolls


 Dairy Free

READY IN




**45 min.**

SERVINGS



**8**

CALORIES



**157 kcal**

ANTIPASTI    STARTER    SNACK    APPETIZER

## Ingredients

- 4 ounces vermicelli
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- 8 inch you will also need: parchment paper
- 1 serving barbecue sauce
- 1 serving hoisin sauce
- 1 avocado thinly sliced
- 0.5 cup basil fresh
- 0.5 cup basil fresh

- 1 medium carrots cut into matchsticks (1 ½ cups)
- 1 small cucumber cut into matchsticks (¾ cup)

## Equipment

- bowl
- paper towels

## Directions

- Pour boiling water over vermicelli rice noodles and soak 15 minutes.
- Drain and rinse. Divide into 8 equal portions. Fill a wide, shallow bowl with cool water. Working with one spring-roll wrapper at a time, soak until pliable, 20 seconds.
- Transfer to a flat surface and smooth.
- Place a layer of fillings on bottom third of wrapper, leaving a 1 1/2-inch border. Top with a portion of noodles and another layer of fillings.
- Fold bottom of wrapper tightly over fillings.
- Roll over once, tuck in sides, and finish rolling. If desired, add 3 fresh chives and continue rolling to enclose them.
- Transfer roll to a plate and cover with a slightly damp paper towel. Repeat to make 8 summer rolls.
- Serve immediately with dipping sauces, or refrigerate, up to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:44.73, Glycemic Load:13.92, Inflammation Score:-7, Nutrition Score:6.3152174746375%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 157.46kcal (7.87%), Fat: 3.96g (6.1%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 25.97g (9.44%), Sugar: 0.88g (0.98%), Cholesterol: 0.23mg (0.08%), Sodium: 76.97mg (3.35%), Alcohol: 0g (100%), Protein: 2.01g (4.03%), Vitamin A: 1483.63IU (29.67%), Vitamin K: 20.16µg (19.2%), Manganese: 0.25mg (12.66%), Fiber: 2.59g (10.35%), Folate: 29.67µg (7.42%), Selenium: 5.14µg (7.34%), Phosphorus: 67.07mg (6.71%), Potassium: 192.99mg (5.51%), Copper: 0.1mg (5.14%), Vitamin C: 4.14mg (5.01%), Vitamin B6: 0.09mg (4.75%), Vitamin B5: 0.44mg (4.39%), Magnesium: 16.45mg (4.11%), Vitamin E: 0.6mg (4.01%), Vitamin B3: 0.75mg (3.75%), Vitamin B2: 0.06mg (3.47%), Vitamin B1: 0.05mg (3.4%), Iron: 0.59mg (3.25%), Zinc: 0.47mg (3.1%), Calcium: 19.98mg (2%)