



Veggie-Fish Spring Rolls with Dipping Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



60 min.

SERVINGS



6

CALORIES



136 kcal

SIDE DISH

Ingredients

- 0.8 cup tomato purée organic (from 28-oz can)
- 2 tablespoons juice of lime
- 1 teaspoon ginger grated
- 1 teaspoon soya sauce
- 0.5 teaspoon sesame oil
- 0.5 teaspoon chili paste depending on your taste pref hot finely chopped
- 2 cups bean sprouts
- 8 oz cabbage shredded chinese (napa)

- 2 cups snow peas chinese cut into julienne strips ()
- 18 corn husks
- 0.8 lb sea bass fillets cooked finely chopped
- 0.3 cup cilantro leaves fresh chopped
- 3 tablespoons roasted peanuts unsalted finely chopped

Equipment

- bowl
- sauce pan
- steamer basket

Directions

- In small bowl, mix all dipping sauce ingredients until smooth. Cover; refrigerate until serving time.
- In saucepan, heat 1 inch water to boiling, or place steamer basket in 1/2 inch water in saucepan (water should not touch bottom of basket) and heat to boiling.
- Add bean sprouts. Cover; cook or steam 2 minutes. Immediately rinse with cold water; drain. Repeat with cabbage and pea pods.
- Place rice-paper wrappers, 2 at a time, in bowl of hot water 45 seconds.
- Remove and place on plate. When completely soft, separate wrappers.
- Place about 2 tablespoons fish, 1 tablespoon each bean sprouts, cabbage and pea pods, 1 teaspoon cilantro and 1/2 teaspoon peanuts on center of each wrapper. Fold one end of wrapper up about 1 inch over filling; fold right and left sides over folded end. Fold remaining end down, wrapping around roll.
- Serve with dipping sauce.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:0.57, Inflammation Score:-7, Nutrition Score:16.947826178178%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 135.66kcal (6.78%), Fat: 4.35g (6.7%), Saturated Fat: 0.77g (4.78%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 7.67g (2.79%), Sugar: 5.68g (6.31%), Cholesterol: 45.36mg (15.12%), Sodium: 136.63mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.61g (29.21%), Vitamin C: 43.31mg (52.49%), Vitamin K: 52.28µg (49.79%), Vitamin B12: 2.17µg (36.1%), Selenium: 21.88µg (31.25%), Manganese: 0.4mg (19.87%), Phosphorus: 193.33mg (19.33%), Vitamin B6: 0.36mg (18.01%), Folate: 67.44µg (16.86%), Vitamin B3: 3.03mg (15.14%), Potassium: 524.49mg (14.99%), Magnesium: 59.49mg (14.87%), Fiber: 3.55g (14.19%), Vitamin A: 680.78IU (13.62%), Iron: 2.4mg (13.31%), Vitamin B1: 0.18mg (12.32%), Copper: 0.24mg (12.02%), Vitamin B5: 1.11mg (11.11%), Vitamin B2: 0.14mg (7.99%), Vitamin E: 0.9mg (6.02%), Calcium: 54.71mg (5.47%), Zinc: 0.76mg (5.05%)