



Vietnamese Rolls with Peanut Dipping Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



129 kcal

SIDE DISH

Ingredients

- 2 inch julienne-cut bell pepper red
- 1 teaspoon chile sauce hot (such as Sriracha)
- 2 inch julienne-cut cucumber peeled seeded
- 4 teaspoons ginger fresh minced peeled
- 4 garlic cloves minced
- 0.3 cup hoisin sauce
- 0.3 cup honey
- 36 mint leaves

- 1 tablespoon vegetable oil; peanut oil preferred
- 8 inch sheets round rice paper (8-inch)
- 0.3 cup roasted peanuts finely chopped
- 3 cups romaine lettuce thinly sliced
- 0.3 teaspoon salt
- 0.5 cup seasoned rice vinegar
- 1 pound chicken breast boneless skinless cut into 1/4-inch-wide strips

Equipment

- bowl
- frying pan

Directions

- To prepare sauce, combine first 3 ingredients in a small bowl, stirring until honey dissolves. Stir in peanuts.
- To prepare rolls, heat oil in a large nonstick skillet over medium-high heat.
- Add ginger, garlic, and chicken; saut 5 minutes.
- Combine chicken mixture, hoisin sauce, and chile sauce; chill.
- 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 1/4 cup lettuce over half of sheet, leaving a 1-inch border. Top lettuce with 1/4 cup chicken mixture, 3 cucumber strips, 3 bell pepper strips, and 3 mint leaves. 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, lettuce, chicken mixture, cucumber strips, bell pepper strips, and mint leaves. Slice each roll in half diagonally.
- Serve rolls with sauce.

Nutrition Facts

PROTEIN 30.73% FAT 31.26% CARBS 38.01%

Properties

Glycemic Index:16.19, Glycemic Load:3.15, Inflammation Score:-7, Nutrition Score:7.6652173684991%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 128.77kcal (6.44%), Fat: 4.49g (6.91%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.13g (4.05%), Sugar: 8.15g (9.05%), Cholesterol: 24.57mg (8.19%), Sodium: 266.41mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Vitamin B3: 4.84mg (24.21%), Vitamin A: 1176.55IU (23.53%), Selenium: 13.32µg (19.03%), Vitamin B6: 0.33mg (16.4%), Vitamin K: 12.23µg (11.65%), Manganese: 0.22mg (10.78%), Phosphorus: 107.73mg (10.77%), Folate: 29.73µg (7.43%), Potassium: 240.04mg (6.86%), Vitamin B5: 0.64mg (6.42%), Magnesium: 23.75mg (5.94%), Vitamin B2: 0.08mg (4.97%), Fiber: 1.17g (4.68%), Vitamin B1: 0.06mg (3.97%), Iron: 0.69mg (3.83%), Copper: 0.07mg (3.64%), Vitamin C: 2.84mg (3.45%), Zinc: 0.43mg (2.86%), Calcium: 23.45mg (2.35%), Vitamin E: 0.3mg (2.01%), Vitamin B12: 0.08µg (1.27%)