



HEALTH SCORE

69%

Vietnamese Shrimp Lettuce Wraps with Spicy Lime Dipping Sauce



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



764 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 tablespoons fish sauce (nuoc mam or nam pla)



0.3 cup basil



2 heads boston lettuce separated rinsed trimmed drained



1 large carrots grated ends trimmed peeled



3.8 oz vermicelli (see notes)



0.5 teaspoon pepper hot



0.3 cup cilantro leaves

- ☐ 0.3 cup roasted peanuts finely chopped
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lime fresh (3 small limes)
- ☐ 0.3 cup mint leaves
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar

Equipment

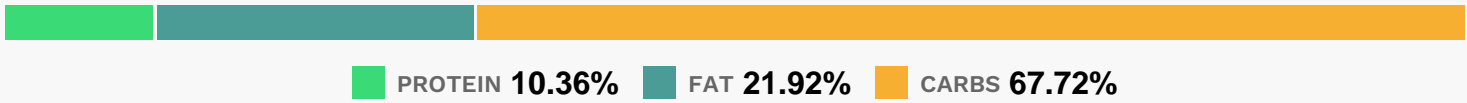
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ slotted spoon
- ☐ kitchen scissors
- ☐ colander

Directions

- ☐ Put shrimp, salt, and pepper in a pot and add cold water to just cover shrimp. Bring water to a boil, then reduce heat to a simmer and cook until shrimp are bright pink and tails are curled, about 1 minute. With a slotted spoon, transfer shrimp to a colander and let cool.
- ☐ Put cellophane noodles in a medium pot and cover with hot water. Cover pot and set aside until noodles are softened, at least 15 minutes.
- ☐ Drain noodles and (using kitchen scissors) cut into 2- to 3-inch pieces. Return noodles to pot, drizzle with rice vinegar, and toss. Cover and set aside.
- ☐ In a small bowl, mix chile flakes and lime juice and let sit several minutes.
- ☐ Add garlic, sugar, and fish sauce; whisk until sugar is dissolved.
- ☐ Transfer sauce to a serving dish.
- ☐ To assemble wraps, arrange some noodles in the middle of each lettuce leaf and top with 1 shrimp.

- ☐
- Garnish with carrot, basil, cilantro, mint, and peanuts. Tuck up the bottom of each leaf and fold sides inward to eat.
- ☐
- Drizzle with or dip into sauce.

Nutrition Facts



Properties

Glycemic Index:330.92, Glycemic Load:11.35, Inflammation Score:-10, Nutrition Score:42.028260935908%

Flavonoids

Eriodictyol: 4.14mg, Eriodictyol: 4.14mg, Eriodictyol: 4.14mg, Eriodictyol: 4.14mg Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg

Nutrients (% of daily need)

Calories: 764.24kcal (38.21%), Fat: 19.27g (29.65%), Saturated Fat: 2.97g (18.53%), Carbohydrates: 133.95g (44.65%), Net Carbohydrates: 122.74g (44.63%), Sugar: 21.78g (24.2%), Cholesterol: 0mg (0%), Sodium: 6492.47mg (282.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.5g (41%), Vitamin A: 24213.17IU (484.26%), Vitamin K: 382.46µg (364.25%), Manganese: 2.24mg (112.22%), Folate: 359.43µg (89.86%), Magnesium: 261.99mg (65.5%), Iron: 9.16mg (50.9%), Potassium: 1696.37mg (48.47%), Vitamin B3: 9.69mg (48.47%), Vitamin B6: 0.94mg (46.82%), Fiber: 11.21g (44.84%), Vitamin C: 33.29mg (40.35%), Vitamin B1: 0.55mg (36.91%), Phosphorus: 345.04mg (34.5%), Selenium: 21.1µg (30.16%), Calcium: 295.51mg (29.55%), Copper: 0.56mg (28.15%), Vitamin B2: 0.38mg (22.39%), Zinc: 2.48mg (16.51%), Vitamin B5: 1.55mg (15.47%), Vitamin E: 1.81mg (12.04%), Vitamin B12: 0.35µg (5.76%)