



Vietnamese Summer Roll Salad



Dairy Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



751 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup basil
- ☐ 1 cup bean sprouts
- ☐ 1 birds eye chili sliced
- ☐ 1 teaspoon brown sugar
- ☐ 1 cup carrots julienned
- ☐ 0.3 cup cilantro leaves
- ☐ 1 cup cucumber sliced
- ☐ 1 teaspoon fish sauce

- ☐ 2 cloves garlic chopped
- ☐ 2 green onions sliced
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 cups lettuce
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 0.3 cup mint leaves
- ☐ 1 tablespoon oil
- ☐ 1 teaspoon oil
- ☐ 0.3 cup peanut butter
- ☐ 0.3 cup peanuts toasted coarsely chopped
- ☐ 0.5 bell pepper red thinly sliced
- ☐ 2 birds eye chilies sliced
- ☐ 8 ounces vermicelli rice noodles cooked
- ☐ 2 shallots thinly sliced
- ☐ 8 ounces shrimp shelled
- ☐ 0.5 cup water
- ☐ 0.3 cup nuoc cham
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Equipment

- ☐ frying pan

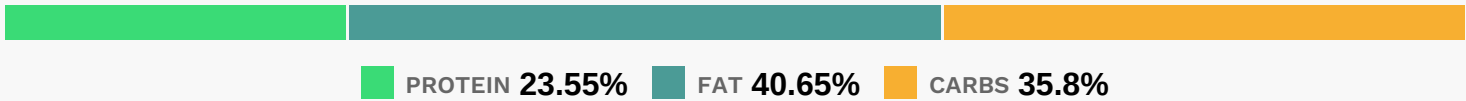
Directions

- ☐ Heat the oil in a pan over medium-high heat, add the shallot and cook until lightly golden brown, about 3-5 minutes, and set aside.
- ☐ Add the shrimp and cook until pink, about 1-2 minutes per side, and set aside. Assemble the salad, toss in dressing and enjoy.
- ☐ Heat the oil in a pan over medium heat, add the garlic and saute until fragrant.

☐

Add the peanut butter, hoisin sauce, water, fish sauce, lime juice and chili and simmer until it thickens a bit, about 5 minutes.

Nutrition Facts



Properties

Glycemic Index:101.52, Glycemic Load:29.56, Inflammation Score:-10, Nutrition Score:33.977391180785%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg

Nutrients (% of daily need)

Calories: 751.22kcal (37.56%), Fat: 34.47g (53.03%), Saturated Fat: 10.01g (62.56%), Carbohydrates: 68.31g (22.77%), Net Carbohydrates: 62.29g (22.65%), Sugar: 10.6g (11.77%), Cholesterol: 160.46mg (53.49%), Sodium: 585.82mg (25.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.92g (89.85%), Vitamin A: 6371.37IU (127.43%), Manganese: 1.11mg (55.52%), Selenium: 38.44µg (54.91%), Zinc: 8.09mg (53.92%), Phosphorus: 523.92mg (52.39%), Vitamin B3: 10.25mg (51.25%), Vitamin K: 51.52µg (49.07%), Vitamin C: 32.79mg (39.75%), Vitamin B6: 0.79mg (39.63%), Copper: 0.65mg (32.62%), Magnesium: 125.61mg (31.4%), Vitamin B12: 1.88µg (31.38%), Potassium: 1011.71mg (28.91%), Vitamin B2: 0.44mg (26.02%), Folate: 101.1µg (25.28%), Iron: 4.47mg (24.83%), Fiber: 6.01g (24.05%), Vitamin B1: 0.3mg (19.79%), Vitamin E: 2.92mg (19.49%), Calcium: 125.93mg (12.59%), Vitamin B5: 0.79mg (7.93%)