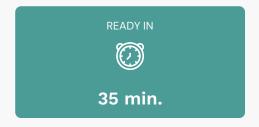
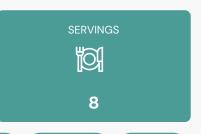


## **Vietnamese Summer Rolls**

airy Free







ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

0.5 cup carrots grated
0.3 cup herbs: rosemary fresh chopped (such as parsley, basil or rosemary)
0.5 cup peanuts chopped
8 you will also need: parchment paper
4 ounces vermicelli
0.3 cup rice vinegar
2 teaspoons sesame oil

1 pound shrimp deveined peeled

	0.5 cup soya sauce
	1 teaspoon sugar
Ec	uipment
	bowl
$\overline{\Box}$	paper towels
	pot
$\overline{\Box}$	kitchen towels
$\exists$	colander
Di	rections
	Make rolls: Bring a pot of salted water to a boil.
	Add shrimp, bring back to a boil and cook until pink and firm, 2 to 3 minutes.
	Transfer shrimp to a paper towel-lined plate and pat dry.
	Cut each shrimp in half lengthwise. Keep water at a steady boil.
	Add vermicelli to boiling water and cook, stirring, until softened, about 1 minute.
	Drain in a large colander and rinse under cold running water. Set aside, tossing occasionally.
	Soak each rice paper in hot water to soften.
	Place on a clean cloth kitchen towel.
	Lay a row of shrimp along lower third of each paper. Top with equal amounts peanuts, herbs and carrots.
	Add a large pinch of vermicelli. Pull rice paper over filling.
	Roll, folding in sides as you go.
	Place on a platter, seam side down, and repeat with remaining ingredients.
	Cut rolls in half.
	Combine ingredients in a small bowl, stirring to dissolve sugar.
	Serve chilled or at room temperature.

# **Nutrition Facts**

### **Properties**

Glycemic Index:35.77, Glycemic Load:7.52, Inflammation Score:-8, Nutrition Score:10.903913026109%

#### **Flavonoids**

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 231.95kcal (11.6%), Fat: 6.23g (9.58%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 26.44g (8.81%), Net Carbohydrates: 24.6g (8.95%), Sugar: 1.14g (1.27%), Cholesterol: 93mg (31%), Sodium: 1020.66mg (44.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.79g (35.57%), Vitamin K: 31.94µg (30.42%), Vitamin A: 1497.09IU (29.94%), Manganese: 0.54mg (27.13%), Phosphorus: 216.87mg (21.69%), Copper: 0.37mg (18.46%), Vitamin B3: 3.19mg (15.96%), Magnesium: 50.28mg (12.57%), Vitamin B1: 0.18mg (12%), Selenium: 8.32µg (11.89%), Folate: 45.65µg (11.41%), Iron: 1.88mg (10.43%), Potassium: 304.3mg (8.69%), Zinc: 1.3mg (8.64%), Fiber: 1.84g (7.35%), Vitamin B2: 0.12mg (6.77%), Calcium: 66.05mg (6.61%), Vitamin B6: 0.08mg (4.07%), Vitamin C: 2.97mg (3.59%), Vitamin B5: 0.26mg (2.57%)