



Vietnamese Summer Rolls

 Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



232 kcal

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

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ 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



 PROTEIN **30.54%**  FAT **24.07%**  CARBS **45.39%**

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 Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 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%)