



Vietnamese Summer Rolls

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup basil thinly sliced
- ☐ 0.5 cup bean sprouts
- ☐ 1 cup bibb lettuce thinly sliced
- ☐ 0.5 cup carrots shredded
- ☐ 1 teaspoon chile paste with garlic (such as sambal oelek)
- ☐ 0.5 cup bean threads cooked uncooked (cellophane noodles, 1 ounce)
- ☐ 0.3 cup green onions chopped (2)
- ☐ 2 tablespoons juice of lime fresh (1 lime)

- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 0.3 cup mint leaves chopped
- ☐ 8 inch sheets round rice paper (8-inch)
- ☐ 2 tablespoons rice wine vinegar
- ☐ 6 ounces shrimp deveined cooked peeled coarsely chopped
- ☐ 1 tablespoon sugar

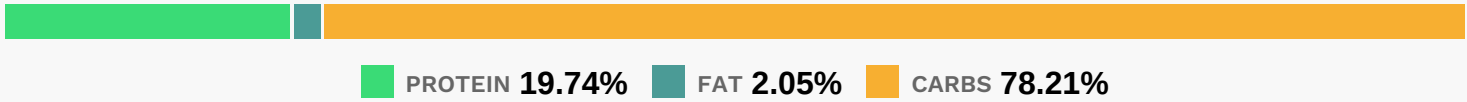
Equipment

- ☐ whisk

Directions

- ☐ To prepare the rolls, combine the first 8 ingredients.
- ☐ 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 1/3 cup shrimp mixture over half of sheet, leaving a 1/2-inch border. 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 shrimp mixture and rice paper sheets.
- ☐ To prepare dipping sauce, combine sugar and remaining ingredients; stir with a whisk.
- ☐ Serve with summer rolls.

Nutrition Facts



Properties

Glycemic Index:67.23, Glycemic Load:2.71, Inflammation Score:-9, Nutrition Score:10.149130614717%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 207.05kcal (10.35%), Fat: 0.47g (0.73%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 40.63g (13.54%), Net Carbohydrates: 39.08g (14.21%), Sugar: 4.81g (5.34%), Cholesterol: 68.92mg (22.97%), Sodium: 143.13mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.26g (20.51%), Vitamin A: 3357.55IU (67.15%), Vitamin K: 38.41µg (36.58%), Phosphorus: 132.36mg (13.24%), Copper: 0.26mg (12.89%), Manganese: 0.22mg (11.13%), Iron: 1.79mg (9.96%), Vitamin C: 7.91mg (9.59%), Folate: 34.82µg (8.7%), Potassium: 275.95mg (7.88%), Vitamin B1: 0.12mg (7.81%), Magnesium: 29.38mg (7.34%), Calcium: 65.87mg (6.59%), Selenium: 4.49µg (6.42%), Zinc: 0.95mg (6.35%), Fiber: 1.54g (6.17%), Vitamin B2: 0.07mg (4.21%), Vitamin B6: 0.08mg (3.97%), Vitamin B3: 0.78mg (3.92%), Vitamin B5: 0.18mg (1.79%), Vitamin E: 0.26mg (1.72%)