



Vietnamese veg parcels

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g rice flour
- ☐ 50 g vermicelli thin
- ☐ 1 chicken breast shredded skinless cooked
- ☐ 1 carrots finely sliced
- ☐ 0.5 cucumber shredded finely
- ☐ 1 bell pepper red deseeded finely sliced
- ☐ 1 leaves baby lettuce
- ☐ 4 tbsp thai fish sauce

- ☐ 2 tbsp rice vinegar
- ☐ 1 tablespoon lime
- ☐ 1 to 5 chillies red deseeded finely sliced

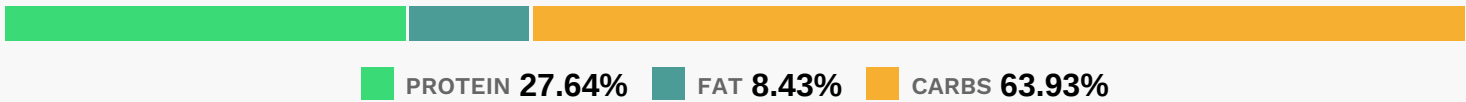
Equipment

- ☐ bowl

Directions

- ☐ Soak the rice fl our pancakes according to pack instructions or in boiling water for 30 secs.
- ☐ Remove and cool on kitchen paper. Soak the rice noodles according to pack instructions, then drain and cut them into 2cm strips.
- ☐ Lay a rice pancake on a board and arrange some rice noodles, chicken, vegetables and herb leaves about a third of the way up, leaving a 1cm edge at the side. Fold the sides over the vegetables and then roll up lengthways to make a cigar. Store in the fridge, covered with moist kitchen paper for up to 1 day.
- ☐ Mix together the ingredients for the dipping sauce and put into a bowl. To serve, arrange the rolls on a plate along with the leaves and herbs. To eat, wrap each roll in a piece of lettuce with a herb sprig and dunk into the sauce.

Nutrition Facts



Properties

Glycemic Index:86.71, Glycemic Load:20.48, Inflammation Score:-10, Nutrition Score:18.126521830973%

Flavonoids

Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 232.53kcal (11.63%), Fat: 2.13g (3.28%), Saturated Fat: 0.47g (2.93%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 33.99g (12.36%), Sugar: 3.8g (4.22%), Cholesterol: 36.16mg (12.05%), Sodium: 1515.01mg (65.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.71g (31.41%), Vitamin A: 3651.61IU (73.03%), Vitamin C: 57.57mg (69.79%), Vitamin B6: 0.79mg (39.49%), Vitamin B3: 7.58mg (37.91%), Selenium: 25.56µg (36.52%), Manganese: 0.52mg (26.05%), Phosphorus: 189.96mg (19%), Magnesium: 69.12mg (17.28%), Potassium: 484.6mg (13.85%), Vitamin B5: 1.29mg (12.9%), Folate: 37.45µg (9.36%), Fiber: 2.33g (9.31%), Vitamin B1: 0.12mg (8.21%), Vitamin K: 8.18µg (7.79%), Vitamin B2: 0.13mg (7.52%), Copper: 0.12mg (6.05%), Zinc: 0.86mg (5.75%), Vitamin E: 0.8mg (5.32%), Iron: 0.91mg (5.05%), Vitamin B12: 0.2µg (3.32%), Calcium: 30.29mg (3.03%)