



 **55%**
HEALTH SCORE

Yellow Chile Spring Rolls and Tropical Fruit Salad

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



248 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 ounces bean sprouts
- 1 carrots julienned
- 8 chile peppers yellow julienned
- 1 Sprig cilantro leaves fresh for garnish
- 4 ounces crab meat
- 1 tablespoon ginger fresh minced
- 2 tablespoons hoisin sauce divided

- 1 tablespoon honey
- 0.5 cup juice of lemon fresh
- 0.5 cup mangos chopped
- 1 cup papaya chopped
- 2 scallions julienned
- 0.5 pound scallops cleaned
- 4 rice spring roll wrappers
- 1 zucchini yellow julienned

Equipment

- bowl
- frying pan

Directions

- Pat scallops dry completely. Toss the scallops and 1 tablespoon hoisin sauce together in a bowl. In a medium nonstick saute pan over medium-high heat, add the scallops and cook until opaque in color, turning occasionally.
- Remove the scallops. In another small saute pan over medium-high heat, add the bean sprouts.
- Add the remaining hoisin sauce and saute the bean sprouts until they are warmed through, but still crispy.
- Remove the sprouts and let cool.
- Place the pliable spring roll wrappers on a clean surface. Divide the scallions, carrots, zucchini, and crab meat evenly among the wrappers. Fold the sides in, then roll the wrapper up, like a burrito, so the filling can't fall out.
- Serve the spring rolls with the Tropical Fruit Salad.
- Mix the papaya, mango, lemon juice, ginger, and honey in a bowl. Toss to combine well.
- Garnish with cilantro.

Nutrition Facts



■ PROTEIN 27.6% ■ FAT 6.59% ■ CARBS 65.81%

Properties

Glycemic Index:87.15, Glycemic Load:9.29, Inflammation Score:-10, Nutrition Score:28.306521664495%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 248.44kcal (12.42%), Fat: 1.91g (2.95%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 43g (14.33%), Net Carbohydrates: 38.43g (13.97%), Sugar: 20.89g (23.21%), Cholesterol: 27.46mg (9.15%), Sodium: 726.72mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.08%), Vitamin C: 186.76mg (226.38%), Vitamin A: 4171.12IU (83.42%), Vitamin B12: 3.35µg (55.91%), Vitamin K: 41.86µg (39.87%), Vitamin B6: 0.74mg (36.81%), Phosphorus: 359.95mg (35.99%), Selenium: 24.27µg (34.67%), Folate: 124.74µg (31.19%), Copper: 0.56mg (28.17%), Manganese: 0.54mg (27.09%), Potassium: 866.82mg (24.77%), Magnesium: 82.82mg (20.7%), Zinc: 3.01mg (20.08%), Vitamin B3: 3.88mg (19.42%), Fiber: 4.58g (18.3%), Vitamin B2: 0.31mg (18.08%), Vitamin B1: 0.26mg (17.4%), Iron: 2.79mg (15.49%), Vitamin B5: 0.82mg (8.23%), Vitamin E: 1.22mg (8.12%), Calcium: 73.44mg (7.34%)