

## SUMMER ROLLS

 1 portions

### INGREDIENTS

- 1/2 cup strips or slices of carrots, raw [61 g]
- 1/2 cup, sliced of peppers, sweet, red, raw [46 g]
- 1/2 cup slices of cucumber, with peel, raw [52 g]
- 10 grams of coriander (cilantro) leaves, raw
- 10 grams of mint, fresh
- 200 grams of rice noodles, cooked

### COOKING METHOD

- 1° Start with preparing the rice noodles (read instructions on package), drain and set aside
- 2° Prepare all the vegetables and other food you want to all your roll with (i.e: tofu, sause etc).
- 3° Assemble the spring rolls: Put the rice in hot water for about 10-15 seconds, until it is soft. One tip is to use a skillet where the rice paper fits. Transfer it to a cutting board. Place a few sltices of all your ingredients (noodles, tofu and vegetables) on the third of the paper, carefully fold over once, fold in the edges and roll it over all to the end.
- 4° Assemble the spring rolls:

### NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (376 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 71 kcal   | 265 kcal            | 13 %  |
| FAT                          | 0 g       | 1 g                 | 1 %   |
| FATTY ACIDS, TOTAL SATURATED | 0 g       | 0 g                 | 1 %   |
| CHOLESTEROL                  | 0 mg      | 0 mg                | 0 %   |
| SODIUM                       | 24 mg     | 88 mg               | 4 %   |
| CARBOHYDRATE                 | 16 g      | 59 g                | 20 %  |
| SUGARS                       | 2 g       | 6 g                 | —     |
| FIBER                        | 1 g       | 5 g                 | 21 %  |
| PROTEIN                      | 1 g       | 5 g                 | —     |