Thursday Winning Recipe

Shrimp Spring Rolls

Submitted by Trinh Bui and Duyen Pham

Ingredients

*Shrimp, raw, 3 oz
*Cellophane noodle (long rice or mung beans) cooked-3.4oz, .5 cups, .50 serving
*Head Lettuce - 1 cup shredded or chopped (55g), .25 cup
*Carrot, shredded for salad portion, 1 serving
*Cucumber (peeled), 1 medium
*Bean Sprout, fresh, .25 cup
*Cilantro / Coriander, fresh - 1/4 cup (4g), 0.25 cup
*Rice Paper (1 medium paper - 8-5/8"), 4 serving
*Hoisin Sauce, 3 tbsp
*Jif Creamy Peanut Butter, reduced fat, 1 tbsp
*Fruit: Lime (juice, fresh (1)), 1 serving
*Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw, .4 lb

Amount Per Serving	
Calories	198.4
Total Fat	7.4 g
Saturated Fat	2.1 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	3.1 g
Cholesterol	59 mg
Sodium	294.5 mg
Potassium	327.9 mg
Total Carbohydrate	1.2 g
Dietary Fiber	1.2 g
Sugars	2.5 g
Protein	15.5 g