



Delicious!

PREPARATION: 30 MINUTES | COOKING: 5 MINUTES | SERVINGS: 2

SHRIMP SPRING ROLLS

INGREDIENTS

Sauce

¼ cup crushed pineapple

¼ cup pineapple juice

¼ teaspoon chili flakes

½ teaspoon cornstarch

1 tablespoon rice wine vinegar

Spring Rolls

1 cup rice vermicelli, cooked

1 teaspoon canola oil

*4 leaves, leaf lettuce,
spine removed*

*4 rice paper spring roll
wrappers, 8 ½"*

*12 large cooked shrimp, peeled,
deveined (31–40 count)*

½ cup red cabbage, shredded

8 mint leaves

Note: The ingredients were layered in this manner to showcase the shrimp but you can layer them in any order.

PREPARATION

- 1 To prepare the sauce, drain crushed pineapple. Reserve pineapple juice.
- 2 In a small saucepan over high heat, add the pineapple juice, crushed pineapple and chili flakes. Bring to a simmer.
- 3 In a small mixing bowl, whisk together cornstarch and rice wine vinegar until well combined.
- 4 Add the cornstarch mixture to the hot pineapple mixture. Cook 1 minute, until sauce is thickened.
- 5 Remove from heat. Refrigerate.
- 6 Bring a medium saucepan of water to a boil. Cook rice vermicelli for 1–2 minutes, or until al dente. Drain. Rinse with cold water. Toss with the canola oil.
- 7 Place a ¼ cup vermicelli in the center of each lettuce leaf. Roll tight like a burrito.
- 8 Fill a large bowl with hot water. Place one spring roll wrapper into hot water until soft and pliable (10 to 15 seconds).
- 9 Remove wrapper and blot on a clean paper towel to remove excess water. Lay wrapper flat.
- 10 Build the shrimp spring rolls by placing the lettuce-vermicelli package in the center of the wrapper, leaving about 2" uncovered on each side. Behind the lettuce-vermicelli package, layer the shrimp, shredded cabbage and mint leaves.
- 11 Fold wrapper sides inward, and then tightly roll the wrapper over the lettuce-vermicelli package. Continue to roll over the shrimp and shredded cabbage until tightly rolled and sealed.
- 12 Serve shrimp spring rolls with pineapple-chili sauce.



SHRIMP SPRING ROLLS



Nutrient Analysis

PER SERVING

2 Rolls

Renal/Diabetic exchanges:

2 ½ Lean Meat + 2 Starch
+ 1 Lower-Potassium Fruit

Calories	322Kcal
Protein	21g
Total Carbohydrate	51g
Fiber	2g
Sugars	6g
Fat	3g
Saturated	0g
Cholesterol	137mg
Sodium	224mg
Potassium	397mg
Phosphorus	253mg
Calcium	80mg
Iron	1mg
Magnesium	47mg
Vitamin C	16mg

Diet Types

- | | |
|--|--|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes* |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

* ½ serving if not main meal

POTASSIUM CHECK ✓

Rice-based ingredients

Asian foods can be a regular part of your kidney diet; it just takes a little planning to stay within your salt, potassium or phosphorus limits. Read labels to identify added sodium or potassium in packaged or canned items. Limit added sauces or seasonings- particularly if you suspect these items may have added salt. With fresh items, such as fruits and vegetables, know the correct portion size and choose many colors to benefit from different vitamins and minerals.

Rice-based spring rolls are a healthy alternative to a flour-based tortilla shell. For example, one medium spring roll contains approximately 50 milligrams of sodium and 20 milligrams of potassium. In comparison, a medium flour tortilla has 530 milligrams of sodium and 90 milligrams of potassium.

Fill each spring roll with low-potassium meat and vegetables for a delicious meal or snack. Choose shrimp or chicken as a lean protein source. Add small amounts of carrots, cucumber, purple cabbage, green onion and bean sprouts for added crunch and flavor. Season with fresh lime juice, red pepper flakes, ginger or garlic for your at-home version of Asian take-out!

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