

# Crab-and-Perilla Summer Rolls

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-summer-rolls-tofu-recipe>

## Ingredients:

- 1/2 cup water
- 2 tablespoons fish sauce
- 1 tablespoon lime juice
- 1 tablespoon sugar
- 1/2 teaspoon rice vinegar
- 1/4 teaspoon thai chile finely minced
- 2 ounces rice noodles thin
- 1 avocado
- 2 lettuce leaves large, either green leaf or romaine is a good option
- 8 roll rice paper, sheets
- 8 leaves large perilla, or 16 small leaves
- 1/2 pound lump crabmeat

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 10 grams
6. Protein: 19 grams
7. SaturatedFat: 2 grams
8. Sodium: 1240 milligrams
9. Sugar: 10 grams

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