

Vietnamese Spring Rolls {a How-To}

Yield: 5 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-spring-roll-recipe-bean-sprouts>

Ingredients:

- 2 pounds boneless pork chops or chicken breasts
- 30 spring roll wrappers 10-inch diameter, rice, tapioca, etc.
- 1 pound bean sprouts fresh
- 1 red bell pepper cored and sliced thin
- 1 English cucumber large, cut into thin strips
- 1 bunch herbs fresh, washed, I used basil and cilantro
- 1 bunch lettuce leaves fresh, washed
- warm water in a large shallow bowl or pie plate, large enough to accommodate a spring roll wrapper
- 2 limes
- 2 tablespoons brown sugar
- 2 tablespoons fish sauce
- 4 cloves garlic minced
- 1 teaspoon garlic paste chile-, to taste
- 8 ounces hoisin sauce the Y&Y brand is gluten-free
- 1/4 cup smooth peanut butter
- 1 tablespoon rice vinegar
- 2 cloves garlic crushed or pressed through a garlic press
- 1/2 teaspoon garlic paste chile-

Nutrition:

1. Calories: 1070 calories
2. Carbohydrate: 148 grams
3. Cholesterol: 140 milligrams
4. Fat: 24 grams
5. Fiber: 8 grams
6. Protein: 66 grams

7. SaturatedFat: 6 grams
 8. Sodium: 2540 milligrams
 9. Sugar: 20 grams
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