

Vietnamese Spring Rolls (Gỏi cuốn)

Shopping List + Approx. Tulsa Prices (2026) \$18–22 total (~\$4.50–5.50 per serving)

Ingredients:

Peanut Sauce:

- Creamy peanut butter 16 oz jar \$2.96
- Sweet chili sauce \$1.48
- Soy sauce 10 oz bottle 1.99,
- Rice vinegar 12 oz bottle \$2.99

Spring Rolls:

- Cooked shrimp (31–40 ct) 1 lb \$8.64–8.99
- Rice paper wrappers ~24 sheets / pack \$3.24
- Thin rice noodles 8 oz package \$2.49
- Boston lettuce 1 head \$1.98
- Carrots 1 lb bag \$1.08
- Cucumber 1 large \$0.66
- Red cabbage 1 medium head ~\$1.29/lb
- Fresh cilantro 1 bunch \$0.98



Ingredients

Peanut Dipping Sauce: ½ cup creamy peanut butter, ½ cup hot water, 2 Tbsp sweet chili sauce, 1 Tbsp soy sauce, 2 tsp rice vinegar, 1 garlic clove (minced), ½ tsp fresh ginger (minced).

Spring Rolls: 12 rice paper wrappers, 6 Boston lettuce leaves (halved), 4 oz thin rice noodles (cooked), 1 cup carrots, 1 cup cucumber, 1 cup red cabbage, 1 lb cooked shrimp, ½ cup cilantro.

Quick Cooking Instructions:

1. Cook rice noodles according to package directions; rinse and cool.
2. Whisk all peanut sauce ingredients until smooth.
3. Soften rice paper in warm water (5–10 seconds).
4. Layer lettuce, noodles, vegetables, shrimp, and cilantro.
5. Fold sides inward and roll tightly. Serve with peanut sauce.

Culturally Respectful Substitutions

- **Gluten-free:** Use tamari instead of soy sauce. Use GF hoisin or skip; rice paper and rice vermicelli are GF.
- **Dairy-free:** Recipe is naturally dairy-free.
- **Vegetarian/Vegan:** Replace shrimp with baked tofu.
- **Budget:** Use ½ lb shrimp and extra vegetables. Buy rice paper + noodles from an Asian market

NUTRITION PER SERVING	
Serving Size	3 spring rolls
Calories	356
Total Fat	12 g
Saturated Fat	3 g
Cholesterol	48 mg
Sodium	100 mg
Total Carbohydrate	41 g
Dietary Fiber	3 g
Total Sugars	11 g
Protein	20 g

Source: Taste of Home – Healthy Recipes from Around the World – Taste of Home Editors |

<https://www.tasteofhome.com/collection/healthy-recipes-from-around-the-world/>