

Vegan Onigiri, Six Ways

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vegetable-pickles-recipe>

Ingredients:

- 1 brown rice or recipe Basic White, omit the oil and use short or medium-grain rice only
- veggies
- greens
- beans
- seeds
- tofu
- pickles
- olives

Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 4 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 1 grams
6. Sodium: 160 milligrams
7. Sugar: 1 grams

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