

# Summer Vegetable Rolls with Rice Noodles

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-chinese-rice-noodle-recipe>

## Ingredients:

- 1/2 pound shiitake mushrooms
- 2 teaspoons canola oil
- 1 garlic clove minced
- 1 teaspoon soy sauce plus more for serving
- 7 ounces dried rice noodles thin
- 16 rice paper wrappers
- 1 red bell pepper seeded and thinly sliced
- 2 avocados pitted, peeled and sliced
- 1 head butter lettuce torn into bite-size pieces
- 2 carrots peeled and julienned
- 1 cup herb loosely packed mixed fresh, sprigs, such as mint, cilantro and basil
- asian red chili sauce for serving
- peanut sauce Asian, for serving

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 65 grams
3. Fat: 18 grams
4. Fiber: 12 grams
5. Protein: 7 grams
6. SaturatedFat: 2 grams
7. Sodium: 250 milligrams
8. Sugar: 4 grams

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