

Heart-Healthy Vietnamese Avocado Zoodle Salad Bowl

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/healthy-vietnamese-recipe>

Ingredients:

- 3 tablespoons low-sodium soy sauce
- 2 garlic cloves minced
- 1 green onion about 2 Tbsp., finely chopped
- 1/4 teaspoon red pepper flakes
- 1 tablespoon sesame oil
- 8 ounces extra firm tofu cut into 1/4-inch slices
- 12 ounces zucchini noodles prepared
- 3 cups lettuce shredded
- 1 cup mung bean sprouts
- 3/4 cup carrots julienned
- 1 fresh avocado ripe, halved, pitted, peeled and diced
- 1 teaspoon fresh lime juice
- cilantro leaves optional

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 17 grams
3. Fat: 16 grams
4. Fiber: 7 grams
5. Protein: 13 grams
6. SaturatedFat: 2 grams
7. Sodium: 450 milligrams
8. Sugar: 6 grams

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