

Vegan Vietnamese Quinoa & Jackfruit Summer Rolls

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 1 medium carrot chopped into matchsticks
- 1 cup quinoa I Heart Keenwah Toasted
- 2 cups water
- 1 cup beets cooked
- 8 basil leaves
- 16 mint leaves
- 1/2 cup chicken Herbivorous vegan Shredded Jackfruit
- 8 sheets vietnamese rice paper
- 1/4 cup creamy peanut butter natural-style
- 2 tablespoons water
- 1 tablespoon hoisin sauce
- 1/2 tablespoon lime juice freshly squeezed, from 1/2 lime
- 1 tablespoon soy sauce
- 1 teaspoon Sriracha
- 1 teaspoon maple syrup

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 20 milligrams
4. Fat: 12 grams
5. Fiber: 6 grams
6. Protein: 17 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 450 milligrams
9. Sugar: 7 grams

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