

Egg Roll in a Bowl - Whole 30 Meal Prep

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/meat-swiss-roll-recipe>

Ingredients:

- roll in a Bowl
- 1 tablespoon avocado oil
- 1 tablespoon sesame oil
- 1 pound ground turkey or ground meat of choice
- 1/2 cup red onion sliced
- 1 green bell pepper sliced
- 16 ounces cole slaw mix
- 3 cloves garlic minced
- 1 tablespoon ginger grated
- 1 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup coconut aminos
- 1/4 cup rice wine vinegar
- 2 teaspoons fish sauce Red Boat
- 2 tablespoons green onions Chopped
- 1/2 cup mayo
- 2 tablespoons lime juice
- 2 tablespoons coconut aminos
- 2 teaspoons franks Hot Sauce

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 100 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 23 grams

7. SaturatedFat: 4.5 grams
 8. Sodium: 1230 milligrams
 9. Sugar: 4 grams
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