

# Vegan Vietnamese Noodle Salad

Yield: 4 min  
Total Time: 40 min

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

## Ingredients:

- 1 block tofu – cut into cubes
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 3 carrots thinly sliced
- 3 cucumbers thinly sliced
- 1 head romaine
- 1 basil bundle
- 1 cilantro bundle
- 2 cups rice noodles
- 1/3 cup bean sprouts
- 1 avocado optional
- 1/4 cup peanut butter
- 1 tablespoon unsweetened almondmilk Califia Farms
- 1 lime
- 1 tablespoon soy sauce /tamari
- 1 tablespoon sesame oil
- 1 tablespoon Sriracha
- 1 teaspoon ginger finely minced

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 60 grams
3. Fat: 37 grams
4. Fiber: 14 grams
5. Protein: 25 grams
6. SaturatedFat: 7 grams
7. Sodium: 1190 milligrams
8. Sugar: 14 grams

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