

# Spring Roll Bowls

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-chicken-fried-spring-roll-recipe>

## Ingredients:

- 3 boneless, skinless chicken breasts
- salt
- freshly ground black pepper
- 1 tablespoon sesame oil
- 12 ounces rice stick noodles
- 12 leaves Boston lettuce
- 2 carrots peeled and grated
- 1 bunch scallions sliced
- 1 avocado sliced
- 1/4 cup mint leaves
- 1/2 cup cashews
- 12 crackers sesame
- 1 cup peanut sauce store-bought

## Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 83 grams
3. Cholesterol: 55 milligrams
4. Fat: 27 grams
5. Fiber: 7 grams
6. Protein: 32 grams
7. SaturatedFat: 5 grams
8. Sodium: 500 milligrams
9. Sugar: 5 grams

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