

# Vegan Lettuce Cup Tacos

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 red onion
- 3 cloves garlic
- 1 red bell pepper
- 1 spring onions
- 1 1/2 tablespoons taco seasoning
- 1 15/16 cups veggie mince or TVP
- 1 red onion
- 3 cloves garlic
- 1 red bell pepper
- 1 spring onions
- 1 1/2 tablespoons taco seasoning
- 1 15/16 cups veggie mince or TVP
- lettuce
- salsa
- sunflower oil

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 3 grams
6. Sodium: 220 milligrams
7. Sugar: 8 grams

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