

Vietnamese Rice Noodle Bowl (Bun Chay)

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-bun-chay-recipe>

Ingredients:

- 1 large carrot cut into matchstick pieces
- 1/2 pound rice vermicelli noodles dried, brown or white
- 1 cucumber large hot house, or several thin Asian cucumbers, cut into matchstick pieces
- 1 cup mung bean sprouts washed and dried
- 1/2 pound extra firm tofu cut into 1/4 inch slabs, marinated and grilled
- 1/4 cup unsalted peanuts roasted, chopped
- 1 Thai basil cilantro, and mint
- 3/4 cup dressing Lime Chile
- 1 tablespoon vegetable oil optional
- 2 tablespoons organic cane sugar date sugar, or sweetener of your choice
- 4 tablespoons low sodium tamari or soy sauce
- 1 tablespoon tamari full strength, or soy sauce
- 2 scallions coarsely chopped
- 2 cloves garlic minced
- 1 tablespoon roasted white sesame seeds
- 1 teaspoon red pepper flakes

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 67 grams
3. Fat: 35 grams
4. Fiber: 5 grams
5. Protein: 17 grams
6. SaturatedFat: 5 grams
7. Sodium: 1390 milligrams
8. Sugar: 12 grams

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