

Vegetable Vietnamese Spring Rolls

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-vegetarian-cold-rolls-recipe>

Ingredients:

- 2 large carrots
- 1 red bell pepper
- 1 avocado
- 1 mango
- 1/2 cucumber
- 1/2 jalapeno
- 2 cups arugula
- 1/2 cup fresh basil
- 1/2 cup fresh mint
- 8 spring roll wrappers rice paper
- 1/2 cup salted roasted almonds
- 1/2 cup coconut milk canned, 120 mL
- 1 tablespoon lime juice 15 mL
- 1 tablespoon soy sauce 15 mL
- 1 tablespoon honey 15 g
- 3 cloves garlic

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 69 grams
3. Cholesterol: 5 milligrams
4. Fat: 25 grams
5. Fiber: 11 grams
6. Protein: 14 grams
7. SaturatedFat: 8 grams
8. Sodium: 690 milligrams
9. Sugar: 19 grams

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