

G?i Chay (Vietnamese Vegetarian Salad)

Yield: 6 min
Total Time: 35 min

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

Ingredients:

- 1 pound extra firm tofu
- vegetable oil
- 1/4 cup fresh lemon juice
- 1/8 cup soy sauce
- 1 clove garlic finely chopped
- 1 serrano pepper deseeded and finely chopped
- 1 head green cabbage shredded
- 2 carrots peeled and shredded
- 1 handful herbs basil, mint, rau r?m if available, coarsely chopped or torn
- rice noodles optional
- 1/2 cup peanuts crushed

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 19 grams
3. Fat: 16 grams
4. Fiber: 7 grams
5. Protein: 18 grams
6. SaturatedFat: 2 grams
7. Sodium: 360 milligrams
8. Sugar: 2 grams

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