

Vegan Bánh Mì Carrot Hot Dogs

Yield: 8 min
Total Time: 30 min

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

Ingredients:

- 8 carrots or more if desired – Peeled
- 1 cup apple cider Vinger
- 2 tablespoons liquid aminos
- 1 tablespoon liquid smoke
- 3 cloves garlic Minced
- 1 tablespoon garlic powder
- 1 teaspoon smoked paprika
- 1 avocado Skin and Pit Removed
- 1 lime Juiced
- 2 tablespoons yogurt Dairy-Free
- 1/4 teaspoon red pepper
- 1/4 teaspoon garlic powder
- 1 pinch salt
- cilantro Chopped for Garnish, optional
- jalapeño Optional Garnish
- veggies Quick Pickled
- buns Gluten-free, if needed

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 17 grams
3. Fat: 4 grams
4. Fiber: 5 grams
5. Protein: 2 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 310 milligrams
8. Sugar: 8 grams

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