

# Vietnamese Summer Roll Bowls

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/whole-foods-fresh-vietnamese-summer-rolls-recipe>

## Ingredients:

- 1 head butterhead lettuce washed and dried
- 1 cucumber 8 ounces
- 1 mango large, about 1 pound
- 1 red bell pepper 8 ounces
- 1/2 cup peanut butter or roasted cashew butter
- 1 teaspoon chili paste sambal oelek
- 2 tablespoons pure maple syrup
- 1/2 cup full fat coconut milk canned
- 1/2 teaspoon sea salt or to taste
- 1 tablespoon coconut aminos or gluten free soy sauce
- 4 ounces vermicelli rice noodles package

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 53 grams
3. Fat: 24 grams
4. Fiber: 6 grams
5. Protein: 11 grams
6. SaturatedFat: 10 grams
7. Sodium: 510 milligrams
8. Sugar: 21 grams

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