



Bahn Mi

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 40 inch crusty baguette ()
- ☐ 0.5 cup carrots shredded
- ☐ 3 tablespoons sriracha (such as Lee Kum Kee)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 16 cilantro leaves
- ☐ 16 cucumber thin (1 cucumber)
- ☐ 0.5 cup daikon radish grated peeled
- ☐ 3 tablespoons mayonnaise fat-free
- ☐ 0.3 cup spring onion thinly sliced (2)

- ☐ 1 jalapeno seeded thinly sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 2 teaspoons sugar

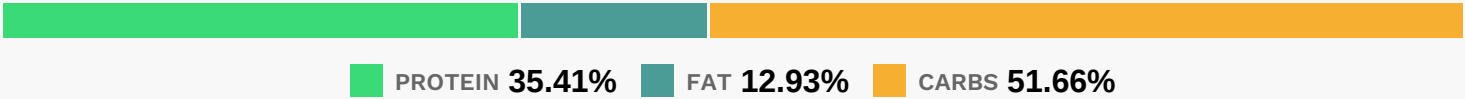
Equipment

- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ serrated knife
- ☐ broiler pan

Directions

- ☐ Combine the first 5 ingredients; cover and let stand 15 minutes to 1 hour.
- ☐ Drain.
- ☐ Preheat oven to 40
- ☐ Combine the chili garlic sauce and 1 1/2 teaspoons sugar; stir well.
- ☐ Place pork on the rack of a small roasting pan or broiler pan coated with cooking spray.
- ☐ Spread 2 tablespoons chili garlic mixture evenly over pork; sprinkle the pork with 1/2 teaspoon salt.
- ☐ Bake at 400 for 20 minutes or until a thermometer registers 155 (slightly pink). Cool; cover the pork, and refrigerate.
- ☐ Combine mayonnaise and remaining chili garlic sauce mixture; cover and refrigerate.
- ☐ Cut each baguette horizontally, cutting to, but not through, other side using a serrated knife.
- ☐ Spread mayonnaise mixture evenly on cut sides of baguettes. Thinly slice pork; divide pork evenly between baguettes. Top evenly with carrot mixture. Arrange 8 cucumber slices and 8 cilantro sprigs on each baguette. Top evenly with onions and jalapeo. Press top gently to close; cut each baguette into 4 equal servings.

Nutrition Facts



Properties

Glycemic Index:55.22, Glycemic Load:7.13, Inflammation Score:-9, Nutrition Score:24.444347630376%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 192.64kcal (9.63%), Fat: 2.74g (4.22%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 19.26g (7%), Sugar: 13.02g (14.46%), Cholesterol: 37.33mg (12.44%), Sodium: 702.67mg (30.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.91g (33.82%), Vitamin K: 65.15µg (62.05%), Vitamin B1: 0.84mg (55.84%), Vitamin A: 2088.42IU (41.77%), Vitamin B6: 0.79mg (39.47%), Potassium: 1137.86mg (32.51%), Vitamin C: 25.01mg (30.32%), Selenium: 20.4µg (29.14%), Phosphorus: 286.52mg (28.65%), Manganese: 0.55mg (27.49%), Folate: 106.09µg (26.52%), Copper: 0.52mg (25.91%), Vitamin B3: 4.76mg (23.82%), Magnesium: 94.86mg (23.72%), Vitamin B2: 0.4mg (23.65%), Fiber: 5.41g (21.63%), Vitamin B5: 2.03mg (20.3%), Zinc: 2.26mg (15.07%), Iron: 2.5mg (13.89%), Calcium: 110.51mg (11.05%), Vitamin B12: 0.29µg (4.82%), Vitamin E: 0.58mg (3.84%)