

## Banh Mi" Franks

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 bread baguette split french (24 inch)
- 2 Tbsp carrots shredded
- 0.5 cup cucumber
- 2 Tbsp cilantro leaves fresh chopped
- 1 cup coleslaw blend (cabbage slaw mix)
- 4 oscar mayer selects uncured hardwood turkey franks smoked split
- 3 Tbsp radishes shredded
- 0.3 cup mayo reduced fat mayonnaise light kraft

2 Tbsp unseasoned rice vinegar

## Equipment

grill

## Directions

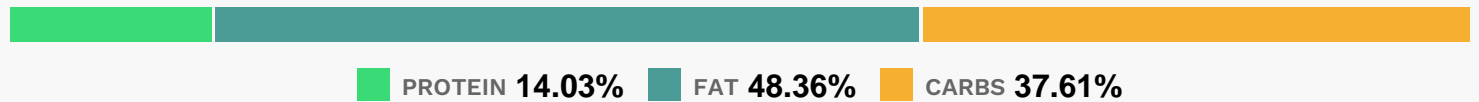
Heat grill to medium heat.

Grill franks, cut sides down, 5 to 6 min. or until heated through, turning occasionally.

Meanwhile, combine next 5 ingredients.

Cut baguette into 4 pieces; spread cut sides with mayo. Fill with cucumbers, franks and vegetable mixture.

## Nutrition Facts



## Properties

Glycemic Index:69.63, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:4.96999992495%

## Flavonoids

Pelargonidin: 7mg, Pelargonidin: 7mg, Pelargonidin: 7mg, Pelargonidin: 7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 81.11kcal (4.06%), Fat: 4.4g (6.77%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 7.7g (2.57%), Net Carbohydrates: 6.47g (2.35%), Sugar: 2.46g (2.73%), Cholesterol: 9.24mg (3.08%), Sodium: 258.11mg (11.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin A: 1306.28IU (26.13%), Vitamin K: 24.11µg (22.96%), Vitamin C: 9.09mg (11.02%), Manganese: 0.15mg (7.39%), Folate: 20.68µg (5.17%), Fiber: 1.23g (4.91%), Selenium: 2.56µg (3.66%), Vitamin B1: 0.05mg (3.48%), Potassium: 117.59mg (3.36%), Iron: 0.56mg (3.09%), Calcium: 28.74mg (2.87%), Vitamin B6: 0.06mg (2.84%), Vitamin B3: 0.54mg (2.72%), Vitamin E: 0.41mg (2.7%), Phosphorus: 24.41mg (2.44%), Magnesium: 9.38mg (2.34%), Vitamin B2: 0.04mg (2.22%), Copper: 0.04mg (1.9%), Vitamin B5: 0.18mg (1.82%), Zinc: 0.19mg (1.29%)