



Beef Banh Mi Bites

 Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon five spice powder
- 24 slices crusty baguette french (1/)
- 0.3 cup carrots shredded
- 0.3 cup cilantro leaves chopped
- 0.3 cup cucumber finely chopped
- 0.3 cup daikon radish (matchstick-cut)
- 1 tablespoon juice of lime fresh
- 1 teaspoon rice vinegar

- 6 slices pan drippings from roast beef preferably cut in quarters (1/3 lb)
- 0.5 cup salad dressing
- 1 teaspoons sriracha

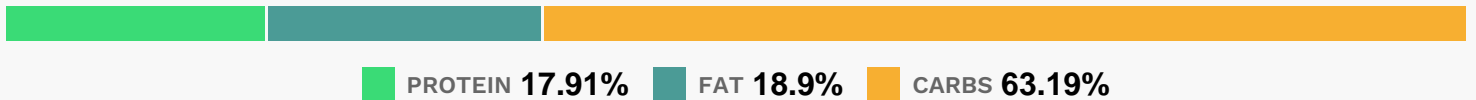
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 350F. In medium bowl, stir together carrot, radish, cucumber, sriracha sauce, vinegar, lime juice and cilantro. Set aside.
- Arrange bread slices on ungreased cookie sheet.
- Bake 6 to 8 minutes or until lightly toasted.
- In small bowl, stir together mayonnaise and five-spice powder.
- Spread 1 teaspoon mayonnaise mixture on each bread slice.
- Place a quarter slice roast beef on each bread slice. Top with 1 teaspoon vegetable mixture.

Nutrition Facts



Properties

Glycemic Index:10.52, Glycemic Load:10.62, Inflammation Score:-3, Nutrition Score:4.7056521902914%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 104.35kcal (5.22%), Fat: 2.17g (3.33%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 16.3g (5.43%), Net Carbohydrates: 15.54g (5.65%), Sugar: 2.16g (2.4%), Cholesterol: 3.99mg (1.33%), Sodium: 357.43mg (15.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin B1: 0.19mg (12.83%), Vitamin B3: 2mg

(10%), Folate: 35.84µg (8.96%), Selenium: 6.09µg (8.7%), Manganese: 0.16mg (7.83%), Iron: 1.3mg (7.2%), Vitamin B2: 0.11mg (6.67%), Calcium: 55.29mg (5.53%), Vitamin C: 3.92mg (4.76%), Vitamin A: 237.47IU (4.75%), Phosphorus: 46.06mg (4.61%), Vitamin K: 4.51µg (4.29%), Zinc: 0.52mg (3.47%), Vitamin B6: 0.07mg (3.43%), Fiber: 0.75g (3.01%), Magnesium: 10.73mg (2.68%), Copper: 0.05mg (2.43%), Potassium: 74.73mg (2.14%), Vitamin B12: 0.12µg (1.98%), Vitamin B5: 0.15mg (1.53%), Vitamin E: 0.22mg (1.43%)