



Country Pâté Banh Mi

 Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup carrots shredded
- ☐ 6 ounces cilantro leaves
- ☐ 0.5 pound country ham thinly sliced
- ☐ 1 tablespoon dijon mustard
- ☐ 4 portugese rolls split soft
- ☐ 16 slices jalapeno
- ☐ 2 tablespoons lemon grass fresh finely grated
- ☐ 1 tablespoon juice of lime fresh

- ☐ 0.5 teaspoon lime zest finely grated
- ☐ 30 servings salt and pepper freshly ground
- ☐ 2 ounces silken tofu
- ☐ 2 tablespoons vegetable oil

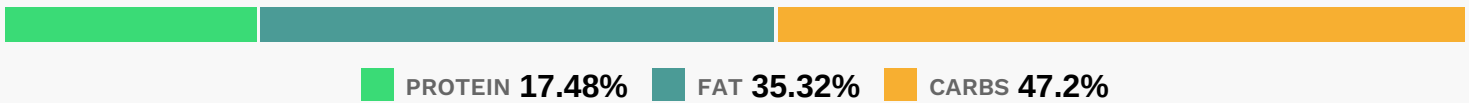
Equipment

- ☐ food processor

Directions

- ☐ In a mini food processor, combine the tofu, mustard, lemongrass, lime zest, lime juice and oil and process until smooth. Season with salt and pepper.
- ☐ Spread the sauce on the cut sides of the rolls. Top with the pt, cilantro, carrots and pickled jalapeos. Close the sandwiches, cut in half and serve.

Nutrition Facts



Properties

Glycemic Index:8.26, Glycemic Load:3.78, Inflammation Score:-8, Nutrition Score:9.6147827493108%

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 Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 68.27kcal (3.41%), Fat: 2.76g (4.24%), Saturated Fat: 0.65g (4.03%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 6.49g (2.36%), Sugar: 2.85g (3.16%), Cholesterol: 4.69mg (1.56%), Sodium: 335.15mg (14.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.14%), Vitamin C: 58.88mg (71.37%), Vitamin A: 1613.48IU (32.27%), Vitamin K: 28.7µg (27.33%), Vitamin E: 1.99mg (13.28%), Vitamin B6: 0.25mg (12.26%), Iron: 1.77mg (9.84%), Fiber: 1.79g (7.16%), Potassium: 191.08mg (5.46%), Vitamin B3: 1.07mg (5.35%), Vitamin B1: 0.07mg (4.96%), Manganese: 0.1mg (4.9%), Folate: 17.85µg (4.46%), Vitamin B2: 0.06mg (3.74%), Phosphorus: 35mg (3.5%), Selenium: 2.14µg (3.05%), Magnesium: 11.66mg (2.91%), Copper: 0.05mg (2.43%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.3mg (2.02%), Calcium: 13.67mg (1.37%)