



Down-South Banh Mi

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 inch bread baguette french
- ☐ 0.3 cup carrots thinly sliced
- ☐ 1 teaspoon fish sauce
- ☐ 25 servings cilantro leaves fresh
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 cup pickled peppers and onions
- ☐ 1 cup slow-cooker mustard barbecued pork
- ☐ 1 small serrano chiles thinly sliced

☐ 1 teaspoon asian sriracha chili sauce hot

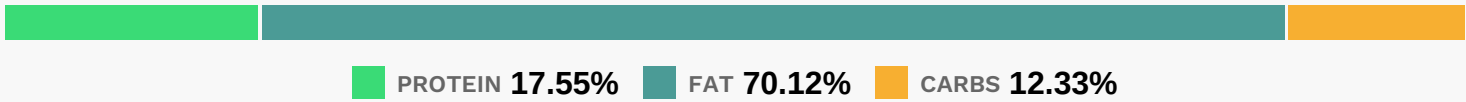
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake baguette on an ungreased baking sheet 10 minutes or until warm.
- ☐ Meanwhile, stir together mayonnaise and sriracha in a small bowl. Stir together carrots and fish sauce in a separate bowl.
- ☐ Split baguette horizontally.
- ☐ Cut each half into 3 (6-inch-long) pieces.
- ☐ Spread cut sides of bread with mayonnaise mixture.
- ☐ Layer bottom halves with Slow-cooker Mustard Barbecued Pork, Pickled Peppers and Onions, serrano pepper slices, carrot mixture, and cilantro to taste. Top with remaining bread slices.
- ☐ Serve immediately.
- ☐ * 1/2 small jalapeo pepper may be substituted.

Nutrition Facts



Properties

Glycemic Index:9.45, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:1.6056521478231%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 42.87kcal (2.14%), Fat: 3.31g (5.1%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.27g (0.3%), Cholesterol: 7.52mg (2.51%), Sodium: 51.08mg (2.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin B1: 0.08mg (5.64%), Vitamin A: 224.92IU (4.5%), Selenium: 2.93µg (4.18%), Vitamin K: 3.27µg (3.12%), Vitamin B3: 0.52mg (2.62%), Vitamin B6: 0.05mg (2.26%), Phosphorus: 20.08mg (2.01%), Vitamin B2: 0.03mg (1.9%), Zinc: 0.24mg (1.59%), Vitamin B12: 0.07µg (1.16%), Potassium: 39.02mg (1.11%)