



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


PROTEIN 17.55% **FAT 70.12%** **CARBS 12.33%**

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%)