



 17%
HEALTH SCORE

Grilled Chicken Banh Mi

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup fish sauce
- 0.5 cup juice of lime
- 0.3 cup sugar
- 4 cloves garlic minced
- 1 jalapeno chopped
- 1.5 teaspoons salt
- 1.3 pounds chicken breast boneless skinless
- 0.3 cup water hot

- 0.3 cup rice vinegar
- 0.5 teaspoon salt
- 0.3 teaspoon pepper red crushed
- 2 carrots sliced thin
- 2 daikon radish sliced thin
- 6 portugese rolls soft
- 0.3 cup mayonnaise
- 0.5 cucumber sliced thin
- 1 cup cilantro leaves (or mint)
- 1 jalapeno sliced for extra heat

Equipment

- bowl
- baking pan
- grill
- aluminum foil

Directions

- Mix the first six ingredients in a baking dish.
- Add the chicken breasts to the dish, cover, and refrigerate at least 1 hour. Longer is better!
- Stir the hot tap water and sugar in a medium bowl, until the sugar dissolves.
- Add the vinegar, salt, red pepper, sliced carrots and radishes. Cover and refrigerate for at least 30 minutes.
- Heat the grill to medium. Grill the chicken breasts for 5 minutes per side.
- Remove from heat and cover them with foil to rest for 5 minutes.
- Open the sub rolls and grill the insides for about 1-3 minute until toasted.
- Drain the pickled veggies. Slice the chicken into thin pieces.
- Spread mayo over in the sub rolls.
- Layer the cucumbers, chicken, pickled veggies, cilantro leaves and jalapeos in the rolls.

Serve immediately!

Serve 6.

Nutrition Facts



Properties

Glycemic Index:77.15, Glycemic Load:30.67, Inflammation Score:-10, Nutrition Score:24.134782608696%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Taste

Sweetness: 47.7%, Saltiness: 100%, Sourness: 13.78%, Bitterness: 23.44%, Savoriness: 62.28%, Fattiness: 68.6%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 448.19kcal (22.41%), Fat: 14.25g (21.93%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 51.51g (17.17%), Net Carbohydrates: 47.54g (17.29%), Sugar: 18.13g (20.15%), Cholesterol: 65.71mg (21.9%), Sodium: 2816.44mg (122.45%), Protein: 27.89g (55.78%), Vitamin A: 3718.87IU (74.38%), Iron: 11.88mg (66.01%), Vitamin B3: 10.88mg (54.39%), Vitamin C: 40.95mg (49.63%), Selenium: 33.59µg (47.98%), Vitamin B6: 0.94mg (46.79%), Vitamin K: 34.67µg (33.02%), Phosphorus: 249.75mg (24.97%), Potassium: 821.88mg (23.48%), Magnesium: 85.85mg (21.46%), Vitamin B5: 1.73mg (17.29%), Fiber: 3.97g (15.88%), Folate: 58.19µg (14.55%), Copper: 0.22mg (10.89%), Manganese: 0.21mg (10.64%), Vitamin B2: 0.16mg (9.63%), Vitamin B1: 0.12mg (8.04%), Calcium: 71.62mg (7.16%), Vitamin E: 1.04mg (6.94%), Zinc: 0.93mg (6.22%), Vitamin B12: 0.3µg (4.95%)