



Grilled Chicken Bánh Mì

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 1 medium carrots cut into thin matchsticks
- ☐ 4 servings cilantro leaves
- ☐ 0.5 cucumber english cut into 2-in. matchsticks
- ☐ 1 tablespoon vietnamese fish sauce
- ☐ 4 tablespoons hoisin sauce divided
- ☐ 4 ounces jicama cut into matchsticks
- ☐ 2 tablespoons juice of lime

- ☐ 1 tablespoon soya sauce reduced-sodium
- ☐ 0.3 cup mayonnaise
- ☐ 1 jalapeño chile red halved lengthwise sliced
- ☐ 4 sandwich rolls sweet split cut into 4 equal lengths and lengthwise
- ☐ 2 tablespoons vegetable oil divided
- ☐ 2 boned

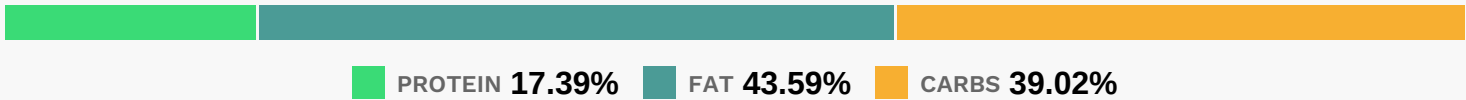
Equipment

- ☐ bowl
- ☐ knife
- ☐ grill

Directions

- ☐ Heat a grill to medium (350 to 450). With a sharp knife, halve chicken pieces horizontally almost all the way through, then open up like a book. Put chicken in a bowl and add 2 tbsp. hoisin, the five-spice, soy sauce, and 1 tbsp. oil, tossing to coat.
- ☐ Grill chicken, turning once, until cooked through, about 10 minutes.
- ☐ Let rest 10 minutes, then slice diagonally into wide chunks.
- ☐ Mix remaining 2 tbsp. hoisin and 1 tbsp. oil, the lime juice, and fish sauce in a small bowl; set aside.
- ☐ Spread the bottom of the cut side of each roll with 1 tbsp. mayo. Fill sandwiches with chicken. Top each with cucumber, carrot, jicama, chile slices, and herbs.
- ☐ Drizzle each sandwich with some of the reserved lime dressing (you may have some left over).

Nutrition Facts



Properties

Glycemic Index:40.46, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:20.366086879502%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 454.1kcal (22.7%), Fat: 21.95g (33.78%), Saturated Fat: 3.47g (21.66%), Carbohydrates: 44.22g (14.74%), Net Carbohydrates: 40.2g (14.62%), Sugar: 7.81g (8.68%), Cholesterol: 42.52mg (14.17%), Sodium: 1234.23mg (53.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.7g (39.41%), Selenium: 41.78µg (59.69%), Vitamin A: 2701.65IU (54.03%), Vitamin B3: 8.98mg (44.88%), Vitamin K: 44.64µg (42.52%), Vitamin B6: 0.55mg (27.57%), Vitamin B1: 0.35mg (23.04%), Manganese: 0.44mg (21.97%), Phosphorus: 216.55mg (21.66%), Vitamin B2: 0.34mg (19.72%), Vitamin C: 16.14mg (19.57%), Folate: 76.51µg (19.13%), Iron: 2.96mg (16.44%), Fiber: 4.03g (16.1%), Magnesium: 57.86mg (14.46%), Potassium: 498.88mg (14.25%), Vitamin B5: 1.29mg (12.93%), Vitamin E: 1.71mg (11.38%), Copper: 0.19mg (9.29%), Calcium: 87.98mg (8.8%), Zinc: 1.19mg (7.91%), Vitamin B12: 0.15µg (2.52%)