



Grilled-Pork Banh Mi

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READY IN

ready
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150 min.

SERVINGS

servings
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6

CALORIES

calories
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355 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 0.3 cup asian fish sauce
- ☐ 1.5 cups cilantro sprigs loosely packed
- ☐ 0.5 cucumber seedless cut into 2-by- 1/2-inch matchsticks
- ☐ 2 cloves garlic thinly sliced
- ☐ 6 servings hoisin sauce and sriracha chile sauce
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1.5 pounds pork tenderloin thinly sliced

- ☐ 6 scallions white green thinly sliced
- ☐ 48 inch rolls split cut into 8-inch lengths and
- ☐ 2 tablespoons sugar
- ☐ 6 servings vegetable oil for grilling

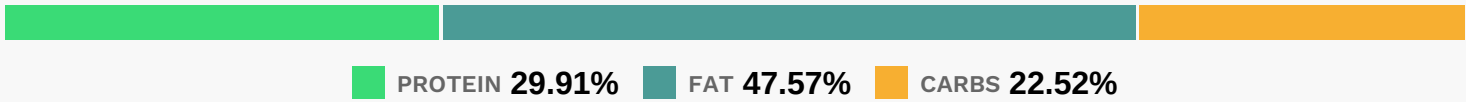
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ In a blender, puree the fish sauce with the honey, sugar, pepper, scallions and garlic.
- ☐ Transfer the marinade to a bowl, add the pork and toss. Refrigerate for 2 to 4 hours. Thread the pork through the top and bottom of each slice onto 12 bamboo skewers.
- ☐ Spread the rolls with hoisin and Sriracha. Light a grill and oil the grates.
- ☐ Brush the pork with oil and grill over high heat, turning, until just cooked, 4 minutes.
- ☐ Place 2 skewers in each roll, close and pull out the skewers. Top with the cucumber and cilantro and serve.

Nutrition Facts



Properties

Glycemic Index:53.35, Glycemic Load:11.33, Inflammation Score:-6, Nutrition Score:22.036956559057%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 354.93kcal (17.75%), Fat: 18.69g (28.76%), Saturated Fat: 3.61g (22.56%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 18.8g (6.84%), Sugar: 9.19g (10.21%), Cholesterol: 73.74mg (24.58%), Sodium: 964.25mg (41.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.44g (52.89%), Vitamin B1: 1.25mg (83.43%), Vitamin K: 68.26µg (65.01%), Selenium: 39.15µg (55.92%), Vitamin B6: 0.96mg (48.25%), Vitamin B3: 8.8mg (44%), Phosphorus: 310.47mg (31.05%), Vitamin B2: 0.48mg (28.42%), Potassium: 600.93mg (17.17%), Zinc: 2.44mg (16.29%), Magnesium: 60.64mg (15.16%), Manganese: 0.25mg (12.67%), Iron: 2.27mg (12.63%), Vitamin B5: 1.15mg (11.48%), Vitamin E: 1.63mg (10.89%), Vitamin B12: 0.64µg (10.6%), Folate: 38.97µg (9.74%), Copper: 0.17mg (8.49%), Vitamin A: 421.21IU (8.42%), Vitamin C: 4.42mg (5.35%), Calcium: 51.47mg (5.15%), Fiber: 1.12g (4.46%), Vitamin D: 0.34µg (2.27%)