



## Hoi An-style Oven-crisped Pork Sandwich (Banh Mi Thit Hoi An)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon five spice powder chinese (or)
- ☐ 3 crusty baguette (8 oz. each; see notes)
- ☐ 0.5 cup basil fresh rinsed cut into 1-inch pieces
- ☐ 2 tablespoons chili paste depending on your taste pref red
- ☐ 8 ounces finely-chopped ham cooked thinly sliced (see notes)
- ☐ 8 oz cucumber english thinly sliced
- ☐ 1 clove garlic minced peeled

- ☐ 12 ounces ground pork lean
- ☐ 4 oz the salad rinsed
- ☐ 1 tablespoon salad oil
- ☐ 6 servings salt
- ☐ 0.3 cup shallots chopped
- ☐ 0.5 cup shallots
- ☐ 3 tablespoons soya sauce
- ☐ 1.5 teaspoons sugar

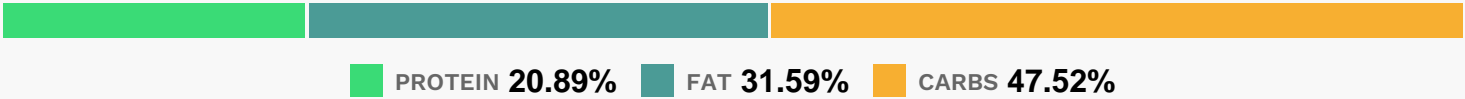
## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

## Directions

- ☐ In an 8- to 10-inch frying pan over medium-high heat, stir five spice until fragrant, about 30 seconds. Stir in oil, shallots, and garlic.
- ☐ Add ground pork and stir often, breaking apart with spoon, until meat is crumbly and no longer pink, about 15 minutes.
- ☐ Add soy sauce, sugar, and salt to taste.
- ☐ Cut baguettes in half crosswise, then split lengthwise almost all the way through, leaving halves attached at one side.
- ☐ Spread about 1 teaspoon chili paste on one cut side of each baguette section. Spoon about 1/6 of the warm ground pork mixture, including juices, over chili paste. Tuck 1/6 of the pork slices evenly into each sandwich. Set sandwiches slightly apart on a 12- by 15-inch baking sheet.
- ☐ Bake in a 375 regular or convection oven just until filling is warm and crust is crisp, about 5 minutes.
- ☐ Remove sandwiches from oven and fill each with 1/6 of the cucumbers, salad mix, basil, and Fried Shallots.
- ☐ Add more chili paste and salt to taste.

# Nutrition Facts



## Properties

Glycemic Index:53.64, Glycemic Load:43.3, Inflammation Score:-7, Nutrition Score:27.154347564863%

## Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 598.05kcal (29.9%), Fat: 20.87g (32.11%), Saturated Fat: 5.99g (37.41%), Carbohydrates: 70.66g (23.55%), Net Carbohydrates: 66.66g (24.24%), Sugar: 10.46g (11.62%), Cholesterol: 68.42mg (22.81%), Sodium: 1947.93mg (84.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.13%), Vitamin B1: 1.39mg (92.7%), Selenium: 43.72µg (62.46%), Vitamin B3: 10.16mg (50.8%), Manganese: 0.84mg (41.98%), Folate: 161.01µg (40.25%), Vitamin B2: 0.67mg (39.64%), Phosphorus: 381.83mg (38.18%), Iron: 6.29mg (34.94%), Vitamin B6: 0.62mg (30.82%), Zinc: 3.42mg (22.78%), Vitamin C: 18.52mg (22.45%), Vitamin K: 20.22µg (19.26%), Potassium: 667.18mg (19.06%), Magnesium: 71.2mg (17.8%), Calcium: 172.65mg (17.27%), Fiber: 4g (16%), Vitamin B12: 0.93µg (15.5%), Copper: 0.31mg (15.27%), Vitamin B5: 1.43mg (14.34%), Vitamin A: 377.77IU (7.56%), Vitamin E: 0.82mg (5.49%)