



Mixed-Veggie Bánh Mì



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



25

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 crusty baguette split soft lightly toasted (20 inches)
- ☐ 0.3 cup bread
- ☐ 1 jumbo carrots cut into matchsticks (1 1/2 cups)
- ☐ 0.5 cup cilantro leaves loosely packed
- ☐ 2 cucumber thinly sliced lengthwise
- ☐ 6 oz haas avocados sliced
- ☐ 14 oz hearts of palm drained sliced canned
- ☐ 1 small jalapeno thinly sliced

- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.3 small onion red thinly sliced
- ☐ 0.5 tablespoon sugar
- ☐ 1 tablespoon vinegar white

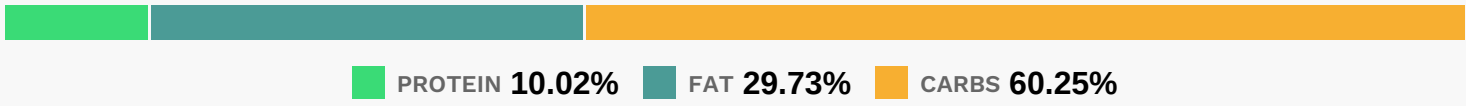
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ In a large skillet, combine carrot, sugar, salt and vinegar; cook over medium heat, stirring occasionally, until sugar has dissolved, 2 to 3 minutes.
- ☐ Spread out on a plate and refrigerate until chilled.
- ☐ In a mini food processor, puree hearts of palm with oil and lime juice until smooth.
- ☐ Open baguette pieces.
- ☐ Spread half of hearts of palm on cut sides (reserve remaining spread). Arrange cucumbers on bottom half, followed by avocado, pickles, jalapeo, onion, carrot and cilantro. Close sandwiches and serve.

Nutrition Facts



Properties

Glycemic Index:17.73, Glycemic Load:4.28, Inflammation Score:-4, Nutrition Score:4.6860869552778%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin:

0.05mg, Hesperetin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 77.17kcal (3.86%), Fat: 2.58g (3.97%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.49g (3.82%), Sugar: 4.14g (4.6%), Cholesterol: 0mg (0%), Sodium: 101.37mg (4.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Potassium: 381.3mg (10.89%), Vitamin A: 473.64IU (9.47%), Vitamin B6: 0.18mg (8.95%), Copper: 0.15mg (7.53%), Folate: 26.47µg (6.62%), Vitamin B1: 0.09mg (6.04%), Manganese: 0.11mg (5.46%), Vitamin K: 5.67µg (5.4%), Zinc: 0.79mg (5.27%), Fiber: 1.28g (5.12%), Vitamin B2: 0.08mg (4.96%), Vitamin C: 3.88mg (4.7%), Iron: 0.81mg (4.52%), Phosphorus: 44.94mg (4.49%), Vitamin B3: 0.89mg (4.47%), Selenium: 2.58µg (3.69%), Vitamin E: 0.47mg (3.12%), Magnesium: 10.64mg (2.66%), Vitamin B5: 0.22mg (2.22%), Calcium: 21.98mg (2.2%)