



Open-Face Vietnamese Chicken Sandwiches

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon asian chile sauce such as Sriracha
- ☐ 2 medium carrots with a vegetable peeler shaved
- ☐ 2 crusty rolls hoagie-style
- ☐ 0.3 cup cilantro leaves fresh chopped for topping
- ☐ 2 tablespoons pickled cucumbers / gherkins chopped
- ☐ 2 teaspoons honey
- ☐ 4 servings kosher salt
- ☐ 0.3 cup juice of lime fresh from 4 limes

- ☐ 0.5 cup mayonnaise
- ☐ 4 radishes thinly sliced
- ☐ 0.5 small onion red thinly sliced
- ☐ 3 cups rotisserie chicken cut shredded from 1 small chicken

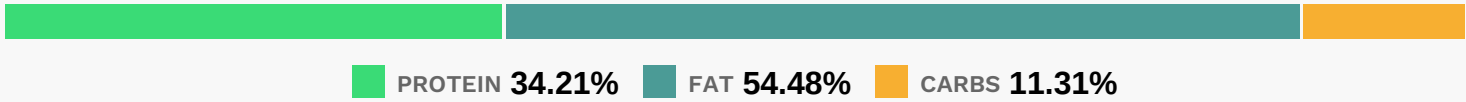
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350 degrees F. Soak the red onion, carrots and radishes in ice water for 5 minutes, then drain. Split each roll in half lengthwise to make 4 pieces.
- ☐ Transfer to the oven to toast.
- ☐ Whisk 1/4 cup mayonnaise, the lime juice, honey, cornichons and brine, and 1/2 teaspoon salt in a large bowl.
- ☐ Add the chicken, onion, carrots, radishes and chopped cilantro and toss.
- ☐ Mix the chile sauce and the remaining 1/4 cup mayonnaise in a small bowl.
- ☐ Spread each piece of bread with some chile mayonnaise, then top with the chicken salad and cilantro leaves.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:6.5126087898793%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg

1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg
Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg,
Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin:
3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 600.02kcal (30%), Fat: 36.42g (56.03%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 17.01g (5.67%),
Net Carbohydrates: 15.81g (5.75%), Sugar: 4.3g (4.77%), Cholesterol: 182.1mg (60.7%), Sodium: 1556.68mg
(67.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.46g (102.93%), Vitamin K: 53.83µg (51.27%),
Selenium: 7.2µg (10.29%), Folate: 34.23µg (8.56%), Vitamin B1: 0.13mg (8.52%), Manganese: 0.17mg (8.34%),
Vitamin C: 6.67mg (8.09%), Vitamin E: 1.06mg (7.06%), Vitamin B3: 1.11mg (5.56%), Vitamin B2: 0.08mg (4.98%),
Fiber: 1.2g (4.8%), Iron: 0.81mg (4.48%), Magnesium: 16.28mg (4.07%), Phosphorus: 33.27mg (3.33%), Calcium:
31.37mg (3.14%), Vitamin A: 156.34IU (3.13%), Copper: 0.06mg (2.96%), Potassium: 101.73mg (2.91%), Vitamin B6:
0.06mg (2.88%), Zinc: 0.31mg (2.07%), Vitamin B5: 0.21mg (2.06%)