



Pork Banh Mi

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon five-spice powder
- ☐ 2 lb pork loin boneless
- ☐ 1 cup carrots
- ☐ 0.5 cup onion red thinly sliced
- ☐ 1 clove garlic grated
- ☐ 0.3 cup citrus champagne vinegar

- ☐ 1 teaspoon sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 loaf crusty baguette french
- ☐ 2 tablespoons mayonnaise
- ☐ 1 medium cucumber sliced thin
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 4 jalapeno sliced

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Rub 1/2 teaspoon salt, the pepper and five-spice powder on pork loin.
- ☐ Place on cookie sheet.
- ☐ Bake uncovered 20 to 30 minutes or until internal temperature of pork is 145°F.
- ☐ Let rest 10 to 15 minutes, then cut into thin slices.
- ☐ In small bowl, mix carrots, red onion, garlic, white wine vinegar, sugar and 1/4 teaspoon salt. Cover; set aside.
- ☐ Set oven control to broil.
- ☐ Cut baguette in half horizontally.
- ☐ Place on ungreased cookie sheet. Broil with top 4 to 6 inches from heat 1 to 2 minutes or just until lightly browned.
- ☐ Slather toasted baguette with mayonnaise.
- ☐ Layer on sliced pork loin, cucumber, cilantro, jalapeño peppers, and onion and carrot mixture.
- ☐ Cut into 4 sandwiches, and serve.

Nutrition Facts



Properties

Glycemic Index:101.67, Glycemic Load:23.16, Inflammation Score:-10, Nutrition Score:38.437826052956%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 552.58kcal (27.63%), Fat: 16.46g (25.32%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 39.1g (13.03%), Net Carbohydrates: 35.68g (12.97%), Sugar: 7.63g (8.48%), Cholesterol: 145.82mg (48.61%), Sodium: 1004.47mg (43.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.86g (115.71%), Vitamin A: 5674.36IU (113.49%), Selenium: 74.12µg (105.88%), Vitamin B6: 1.94mg (97.17%), Vitamin B1: 1.42mg (94.92%), Vitamin B3: 16.43mg (82.16%), Phosphorus: 606.03mg (60.6%), Vitamin B2: 0.68mg (39.83%), Potassium: 1184.46mg (33.84%), Zinc: 4.83mg (32.2%), Vitamin K: 30.42µg (28.97%), Vitamin C: 22.43mg (27.19%), Manganese: 0.49mg (24.46%), Magnesium: 91mg (22.75%), Vitamin B5: 2.23mg (22.34%), Folate: 89.22µg (22.31%), Iron: 3.82mg (21.24%), Vitamin B12: 1.17µg (19.42%), Copper: 0.28mg (14.24%), Fiber: 3.43g (13.71%), Calcium: 106.38mg (10.64%), Vitamin E: 1.49mg (9.94%), Vitamin D: 0.92µg (6.14%)