



Pork Meatball Banh Mi

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 cups carrots grated
- 1 tablespoon chili sauce hot (such as sriracha)
- 16 large cilantro leaves fresh
- 1 teaspoon kosher salt
- 2 teaspoons cornstarch
- 2 cups daikon radish white grated peeled (Japanese radish)
- 1 tablespoon fish sauce (such as nam pla or nuoc nam)

- 40 inch bread (cut from 2 baguettes)
- 0.3 cup basil fresh finely chopped
- 4 garlic clove minced
- 3 spring onion finely chopped
- 1 pound ground pork
- 4 servings jalapeno thinly sliced
- 0.7 cup mayonnaise
- 1 tablespoon sesame oil
- 0.3 cup sugar
- 0.3 cup rice vinegar

Equipment

- bowl
- frying pan
- baking sheet
- oven
- plastic wrap

Directions

- Stir all ingredients in small bowl. Season with salt. do ahead Can be made 1 day ahead. Cover and chill.
- Line rimmed bakingsheet with plastic wrap. Gently mix all ingredients in large bowl. Using moistened hands and scant tablespoonful for each, roll meat mixture into 1-inch meatballs. Arrange on baking sheet. DO AHEAD Can be made 1 day ahead. Cover and chill.
- Toss first 5 ingredients in medium bowl.
- Let stand at room temperature 1 hour, tossing occasionally.
- Preheat oven to 300°F.
- Heat sesame oil in large skillet over medium-high heat.
- Add half of meatballs. Sauté until brown and cooked through, turning meatballs often and lowering heat if browning too quickly, about 15 minutes.

- Transfer meatballs to another rimmed baking sheet.
- Place in oven. Repeat with remaining meatballs.
- Cut each baguette or baguette piece horizontally in half. Pull out enough bread from each bread half to leave 1/2-inch-thick shell.
- Spread hot chili mayo over each bread shell. Arrange jalapeños, then cilantro, in bottom halves. Fill each with 1/4 of meatballs.
- Drain pickled vegetables; place atop meatballs. Press on baguette tops.
- *Available in the Asian foods section of many supermarkets and at Asian markets.
- **Available at some supermarkets and at Asian markets.
- Bon Appétit

Nutrition Facts

PROTEIN 12.73% **FAT 66.91%** **CARBS 20.36%**

Properties

Glycemic Index:139.36, Glycemic Load:22.03, Inflammation Score:-10, Nutrition Score:29.79913035683%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg, Quercetin: 5.51mg

Nutrients (% of daily need)

Calories: 760.16kcal (38.01%), Fat: 56.44g (86.83%), Saturated Fat: 13.98g (87.38%), Carbohydrates: 38.65g (12.88%), Net Carbohydrates: 34.53g (12.56%), Sugar: 19.43g (21.59%), Cholesterol: 97.33mg (32.44%), Sodium: 1501.09mg (65.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.32%), Vitamin A: 11488.73IU (229.77%), Vitamin K: 121.31µg (115.53%), Vitamin B1: 1.09mg (72.68%), Selenium: 37.71µg (53.88%), Vitamin B3: 7.26mg (36.3%), Vitamin B6: 0.67mg (33.61%), Vitamin C: 25.98mg (31.49%), Phosphorus: 285.77mg (28.58%), Vitamin B2: 0.47mg (27.39%), Potassium: 822.47mg (23.5%), Manganese: 0.46mg (23.22%), Zinc: 3.21mg (21.38%), Folate: 82.4µg (20.6%), Iron: 3.01mg (16.71%), Fiber: 4.12g (16.48%), Magnesium: 62.36mg (15.59%), Vitamin E: 2.18mg (14.53%), Vitamin B12: 0.86µg (14.34%), Vitamin B5: 1.25mg (12.55%), Copper: 0.25mg (12.51%), Calcium: 95.44mg (9.54%)