



## Roasted Pork Banh Mi



Gluten Free



Dairy Free

READY IN



120 min.

SERVINGS



6

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 2 tablespoon additional asian fish sauce
- ☐ 1 tablespoon peppercorns whole white black
- ☐ 1.5 cup coarsely carrots shredded ( 6 carrots)
- ☐ 1 cup cilantro leaves
- ☐ 10 clove garlic cloves minced peeled
- ☐ 0.5 cup granulated sugar
- ☐ 1 teaspoon ground coriander

- ☐ 0.8 cup kosher salt
- ☐ 0.3 cup mayonnaise
- ☐ 6 serrano chiles crushed
- ☐ 1 tablespoon soya sauce
- ☐ 2 slice warm water
- ☐ 6 cup water cold
- ☐ 0.5 cup distilled vinegar white

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer

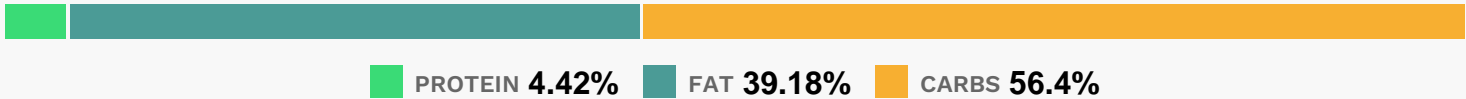
## Directions

- ☐ In a small bowl add the mayonnaise, 1 tablespoon Asian Fish sauce and ground coriander.
- ☐ Mix well and set aside. In a small skillet, toast the white and black peppercorns over moderately high heat until fragrant, about 1 minute.
- ☐ Transfer them to a work surface and using the side of a heavy knife, coarsely crack the peppercorns; transfer to a large, deep bowl.
- ☐ Add the 3/4 cup plus 2 tablespoons kosher salt and the brown sugar, and then add the Serrano chilis, garlic and one-third of the jalapenos. Stir in the warm water until the sugar and salt are dissolved.
- ☐ Add the pork and enough cold water to submerge the roast. Cover and refrigerate overnight. Preheat the oven to 400 degrees F.
- ☐ Drain the pork and pat dry, then transfer to a roasting pan.
- ☐ Let the pork return to room temperature. Roast the pork for about 1 hour and 15 minutes, turning once; the pork is done when an instant-read thermometer inserted in the thickest

part registers 165 degrees F.

- ☐ Let rest for 30 minutes before slicing thinly. Meanwhile, in a medium bowl, combine the white vinegar, granulated sugar and table salt and stir until dissolved.
- ☐ Add the carrots and let stand until softened, about 30 minutes.
- ☐ Drain well.
- ☐ Spread the cut sides of the rolls with the spiced mayonnaise you set aside. Top with roasted pork, cucumber, cilantro leaves, pickled carrots and the remaining sliced jalapenos.
- ☐ Sprinkle lightly with the fish and soy sauce. Close the sandwiches.
- ☐ Cut the baguettes in thirds and serve with hot sauce (optional).

## Nutrition Facts



## Properties

Glycemic Index:54.32, Glycemic Load:13.38, Inflammation Score:-10, Nutrition Score:10.353913029575%

## Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

## Nutrients (% of daily need)

Calories: 164.69kcal (8.23%), Fat: 7.29g (11.22%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 23.63g (7.88%), Net Carbohydrates: 21.74g (7.91%), Sugar: 18.9g (21%), Cholesterol: 3.92mg (1.31%), Sodium: 15117.66mg (657.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin A: 5598.8IU (111.98%), Vitamin K: 31.23µg (29.74%), Manganese: 0.46mg (22.81%), Vitamin B6: 0.19mg (9.38%), Vitamin C: 6.98mg (8.46%), Magnesium: 31.04mg (7.76%), Fiber: 1.88g (7.53%), Copper: 0.13mg (6.51%), Potassium: 218.84mg (6.25%), Calcium: 54.33mg (5.43%), Iron: 0.79mg (4.4%), Vitamin E: 0.65mg (4.31%), Vitamin B3: 0.82mg (4.12%), Folate: 15.14µg (3.79%), Phosphorus: 33.87mg (3.39%), Selenium: 2.26µg (3.23%), Vitamin B2: 0.05mg (3.05%), Vitamin B1: 0.04mg (2.84%), Vitamin B5: 0.21mg (2.06%), Zinc: 0.31mg (2.05%)