



Saigon Sub

READY IN

ready

190 min.

SERVINGS

servings

4

CALORIES

calories

905 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings party hero bread italian cut in 1/2 lengthwise
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup sriracha
- ☐ 0.5 cup cucumbers peeled thinly sliced
- ☐ 1 bunch cilantro leaves fresh
- ☐ 1 tablespoon mint leaves fresh minced
- ☐ 0.3 cup catsup
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 2 pound pork butt cut into 4 pieces
- ☐ 0.3 romaine lettuce head leaves
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons sriracha hot sauce
- ☐ 0.3 cup water
- ☐ 0.5 cup vinegar white
- ☐ 0.3 cup white wine

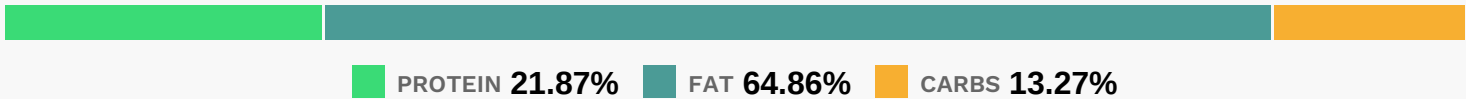
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Season pork pieces with salt and pepper.
- ☐ Place in a braising pan and add 1/4 cup soy sauce, water, chili garlic sauce, ketchup, and 1/4 cup vinegar. Braise for about 2 1/2 hours, covered, until fork tender.
- ☐ Remove meat with a slotted spoon and "pull" with forks until shredded.
- ☐ Add braising liquid, to taste. Cool.
- ☐ Mix the remaining 1/4 cup vinegar, brown sugar, wine and the remaining 2 tablespoons soy sauce.
- ☐ Add the cucumbers and marinate for 10 to 15 minutes.
- ☐ Drizzle the olive oil on the bread. Brown lightly, if desired.
- ☐ Spread the mayonnaise on the bread and drizzle with hot sauce. Arrange the meat on the bread, top with the lettuce, marinated cucumbers, mint, and cilantro. Slice in half and serve.

Nutrition Facts



Properties

Glycemic Index:58.92, Glycemic Load:7.52, Inflammation Score:-6, Nutrition Score:37.654782917189%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 905.31kcal (45.27%), Fat: 63.23g (97.27%), Saturated Fat: 12.26g (76.62%), Carbohydrates: 29.09g (9.7%), Net Carbohydrates: 26.87g (9.77%), Sugar: 14.3g (15.88%), Cholesterol: 159.6mg (53.2%), Sodium: 2765.41mg (120.24%), Alcohol: 1.54g (100%), Alcohol %: 0.42% (100%), Protein: 47.97g (95.94%), Selenium: 73.82µg (105.45%), Vitamin K: 106.8µg (101.71%), Vitamin B1: 1.41mg (93.96%), Vitamin B6: 1.31mg (65.48%), Vitamin B3: 12.4mg (62.02%), Vitamin B2: 1.02mg (60.07%), Zinc: 8.18mg (54.5%), Phosphorus: 539.93mg (53.99%), Vitamin B5: 4.02mg (40.25%), Vitamin B12: 2.13µg (35.52%), Potassium: 970.29mg (27.72%), Manganese: 0.54mg (26.83%), Iron: 4.58mg (25.43%), Vitamin E: 3.73mg (24.87%), Magnesium: 76.49mg (19.12%), Copper: 0.35mg (17.42%), Vitamin C: 9.5mg (11.52%), Vitamin D: 1.47µg (9.82%), Folate: 38.73µg (9.68%), Vitamin A: 482.16IU (9.64%), Calcium: 93.47mg (9.35%), Fiber: 2.22g (8.87%)