



Serious Heat: The Quickie Banh Mi

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 crusty baguette
- ☐ 1 large carrots shredded with a grater or peeler
- ☐ 4 servings cilantro leaves
- ☐ 2 cucumber peeled seeded cut into strips
- ☐ 2 jalapeno sliced
- ☐ 4 servings mayonnaise
- ☐ 1 pound pork chops boneless thin
- ☐ 1 onion red thinly sliced

- ☐ 1.5 cups rice vinegar
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings sriracha

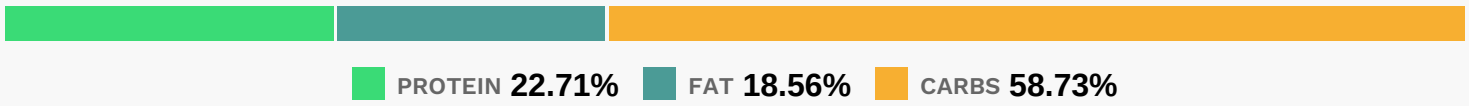
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a small bowl, add rice wine vinegar.
- ☐ Combine with 1 teaspoon (or more) of Sriracha, and whisk until mixed.
- ☐ Add sliced carrots, cucumbers and onion.
- ☐ Place in the refrigerator, and let sit 20 to 30 minutes.
- ☐ Sprinkle pork chops with salt and pepper. In a sauté pan over medium-high heat, cook pork until browned, just a few minutes on each side.
- ☐ Remove from pan, and cut on the bias.
- ☐ Split the baguettes down the middle, and coat with thin layer of mayonnaise.
- ☐ Add desired amount of Sriracha over the mayo.
- ☐ Layer with pork chop slices, paté slivers, jalapenos and marinated vegetables. Top sandwich with cilantro, and serve.

Nutrition Facts



Properties

Glycemic Index:81.15, Glycemic Load:84.09, Inflammation Score:-10, Nutrition Score:43.85695664779%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg,

Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 906.12kcal (45.31%), Fat: 18.02g (27.73%), Saturated Fat: 4.65g (29.06%), Carbohydrates: 128.3g (42.77%), Net Carbohydrates: 120.83g (43.94%), Sugar: 16.17g (17.96%), Cholesterol: 77.66mg (25.89%), Sodium: 1839.95mg (80%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.62g (99.24%), Vitamin B1: 2.29mg (152.38%), Selenium: 81.44µg (116.34%), Vitamin B3: 20.76mg (103.82%), Folate: 299.3µg (74.83%), Manganese: 1.4mg (69.96%), Vitamin A: 3205.14IU (64.1%), Vitamin B2: 1.07mg (63.15%), Vitamin B6: 1.25mg (62.38%), Phosphorus: 546.1mg (54.61%), Iron: 9.69mg (53.85%), Calcium: 310.8mg (31.08%), Potassium: 1055.5mg (30.16%), Fiber: 7.47g (29.88%), Magnesium: 119.48mg (29.87%), Vitamin K: 28.91µg (27.54%), Zinc: 4.1mg (27.36%), Copper: 0.5mg (25.07%), Vitamin B5: 2.24mg (22.42%), Vitamin C: 16.3mg (19.76%), Vitamin B12: 0.61µg (10.1%), Vitamin E: 1.43mg (9.51%), Vitamin D: 0.46µg (3.08%)