



Spicy Peanut Shrimp Sandwich with Thai Style Slaw



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

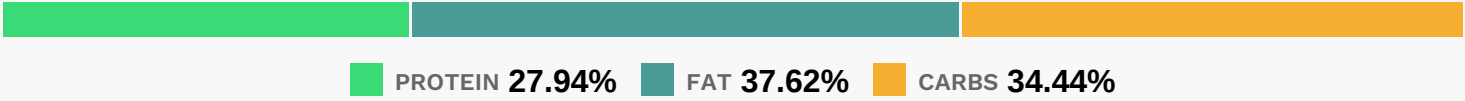
- ☐ 1 baguette sliced in half) cut into 4 pieces and
- ☐ 4 tablespoons mayonnaise
- ☐ 0.5 cup spicy thai peanut sauce
- ☐ 2 tablespoons roasted peanuts chopped ()
- ☐ 1 pound shrimp satay
- ☐ 2 cups slaw thai style

Equipment

Directions

☐ Assemble the sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:21.18, Inflammation Score:-4, Nutrition Score:15.336521556844%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 469.44kcal (23.47%), Fat: 19.42g (29.87%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 37.37g (13.59%), Sugar: 9.35g (10.39%), Cholesterol: 188.45mg (62.82%), Sodium: 1055.55mg (45.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.45g (64.89%), Vitamin K: 51.29µg (48.85%), Phosphorus: 333.44mg (33.34%), Copper: 0.56mg (28.07%), Vitamin B1: 0.4mg (26.82%), Manganese: 0.5mg (25.11%), Folate: 88.93µg (22.23%), Vitamin B3: 3.67mg (18.33%), Magnesium: 68.68mg (17.17%), Iron: 3.05mg (16.97%), Selenium: 11.55µg (16.5%), Calcium: 158.32mg (15.83%), Vitamin C: 12.81mg (15.53%), Zinc: 2.2mg (14.65%), Potassium: 477.97mg (13.66%), Vitamin B2: 0.22mg (13.03%), Fiber: 2.63g (10.53%), Vitamin B6: 0.12mg (6.12%), Vitamin E: 0.69mg (4.62%), Vitamin B5: 0.4mg (4.04%)