



Spicy Pork Bulgogi Banh Mi



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette sliced in half cut into 4 sandwich sized pieces and
- ☐ 0.5 cup cilantro leaves
- ☐ 1 batch vietnamese pickled carrots and daikon radish
- ☐ 1 tablespoon korean honey citron tea paste
- ☐ 0.5 cup kimchi
- ☐ 0.3 cup sesame mayo (see below)
- ☐ 0.3 cup mayonnaise
- ☐ 1 teaspoon sesame seed oil toasted

☐

1 tablespoon sesame seed toasted

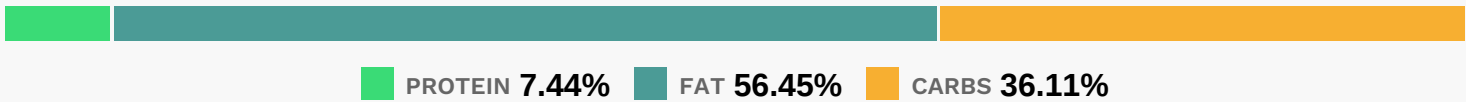
Equipment

Directions

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Assemble the sandwiches and enjoy!

Nutrition Facts



Properties

Glycemic Index:67.69, Glycemic Load:21.47, Inflammation Score:-5, Nutrition Score:13.935652170492%

Flavonoids

Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 394.56kcal (19.73%), Fat: 24.82g (38.19%), Saturated Fat: 3.93g (24.59%), Carbohydrates: 35.72g (11.91%), Net Carbohydrates: 32.52g (11.82%), Sugar: 5.74g (6.38%), Cholesterol: 11.76mg (3.92%), Sodium: 655.32mg (28.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.36g (14.72%), Vitamin K: 60.42µg (57.54%), Vitamin B1: 0.41mg (27.04%), Folate: 102.99µg (25.75%), Vitamin C: 19.77mg (23.96%), Manganese: 0.38mg (19.09%), Selenium: 12.81µg (18.3%), Iron: 3.27mg (18.17%), Vitamin B3: 3.34mg (16.71%), Vitamin B2: 0.26mg (15.53%), Copper: 0.27mg (13.65%), Fiber: 3.21g (12.83%), Calcium: 117.06mg (11.71%), Phosphorus: 103.76mg (10.38%), Magnesium: 40.08mg (10.02%), Potassium: 331.2mg (9.46%), Vitamin B6: 0.16mg (8.1%), Vitamin E: 1.19mg (7.96%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.41mg (4.13%), Vitamin A: 174.67IU (3.49%)