



 **11%**  
HEALTH SCORE

## Vietnamese Banh Mi

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 6 portugese rolls
- 1 pound pork chops sliced
- 2 cloves garlic crushed
- 2 tablespoons fish sauce
- 2 teaspoons sugar
- 2 tablespoons pepper fresh black
- 2 tablespoons onion finely chopped
- 0.3 cup vegetable oil

- 1 teaspoon sesame oil
- 6 servings mayonnaise
- 6 servings cilantro leaves
- 6 servings pickled carrot and daikon
- 6 servings pastry crust
- 6 servings cucumber
- 6 servings jalapeno

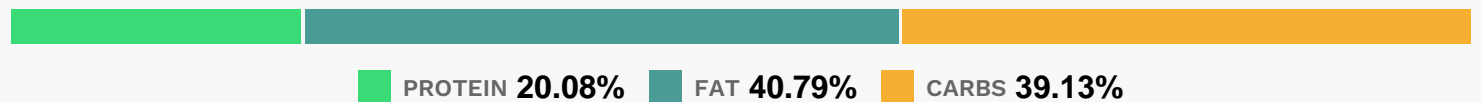
## Equipment

- frying pan
- ziploc bags

## Directions

- Mix all marinade ingredients (except for pork) in a plastic bag.
- Let all ingredients dissolve in oil, then add slices of pork.
- Allow pork to marinade for at least 1 hour.
- Heat pan on medium heat, lay slices of pork, one layer at a time. When one side is cooked, flip to other side to finish cooking.
- Let the meat rest for 10 minutes and then slice into strips
- Assemble pork in your sandwich

## Nutrition Facts



## Properties

Glycemic Index:71.85, Glycemic Load:28.01, Inflammation Score:-3, Nutrition Score:16.267391304348%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

## Nutrients (% of daily need)

Calories: 476.74kcal (23.84%), Fat: 21.42g (32.95%), Saturated Fat: 4.11g (25.7%), Carbohydrates: 46.23g (15.41%), Net Carbohydrates: 44.13g (16.05%), Sugar: 6.24g (6.94%), Cholesterol: 52.33mg (17.44%), Sodium: 918.05mg (39.92%), Protein: 23.72g (47.45%), Iron: 11.93mg (66.27%), Selenium: 30.37µg (43.39%), Vitamin B1: 0.62mg (41.03%), Vitamin B3: 7.02mg (35.1%), Vitamin B6: 0.61mg (30.62%), Vitamin K: 27.94µg (26.61%), Manganese: 0.39mg (19.5%), Phosphorus: 193.16mg (19.32%), Vitamin B2: 0.22mg (12.77%), Potassium: 359.96mg (10.28%), Magnesium: 37.73mg (9.43%), Zinc: 1.33mg (8.88%), Fiber: 2.11g (8.42%), Vitamin E: 1.11mg (7.41%), Vitamin B12: 0.43µg (7.24%), Vitamin B5: 0.67mg (6.71%), Folate: 22.14µg (5.54%), Copper: 0.1mg (4.98%), Vitamin C: 3.83mg (4.65%), Calcium: 28.9mg (2.89%), Vitamin D: 0.31µg (2.07%), Vitamin A: 51.86IU (1.04%)