



Vietnamese BBQ Pulled Pork Banh Mi



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 juice of lime sliced ()

Equipment

Directions



Assemble sandwiches and enjoy.

Nutrition Facts



 PROTEIN **59.31%**  FAT **40.69%**  CARBS **0%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:34.905216901199%

Nutrients (% of daily need)

Calories: 445.5kcal (22.27%), Fat: 19.27g (29.65%), Saturated Fat: 6.74g (42.15%), Carbohydrates: Og (0%), Net Carbohydrates: Og (0%), Sugar: Og (0%), Cholesterol: 202.5mg (67.5%), Sodium: 219.38mg (9.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.21g (126.43%), Selenium: 95.18µg (135.96%), Vitamin B1: 1.88mg (125.55%), Vitamin B6: 1.76mg (87.92%), Vitamin B2: 1.3mg (76.24%), Zinc: 11.34mg (75.6%), Vitamin B3: 14.81mg (74.03%), Phosphorus: 681.75mg (68.18%), Vitamin B5: 5.29mg (52.89%), Vitamin B12: 3.07µg (51.19%), Potassium: 1144.13mg (32.69%), Iron: 4.05mg (22.5%), Magnesium: 74.25mg (18.56%), Copper: 0.34mg (17.21%), Vitamin D: 2.03µg (13.5%), Vitamin E: 0.81mg (5.4%), Calcium: 47.25mg (4.72%), Manganese: 0.04mg (2.19%)