



Vietnamese Caramel Salmon Banh Mi



Dairy Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 baguette sliced in half cut into 4 sandwich sized lengths or 4 long buns,
- ☐ 1 birds eye chili sliced
- ☐ 0.3 cup pickled carrots
- ☐ 1 large handful cilantro leaves
- ☐ 0.5 cup cucumber thinly sliced
- ☐ 0.3 cup pickled daikon radish
- ☐ 2 tablespoons fish sauce
- ☐ 2 cloves garlic chopped

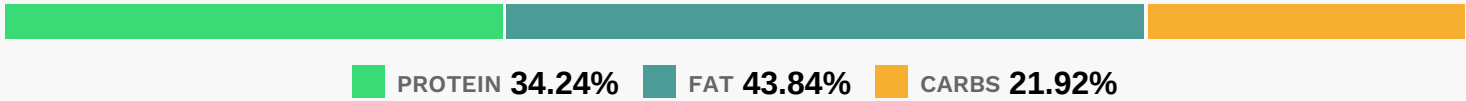
- ☐ 1 juice of lime
- ☐ 4 tablespoons mayonnaise
- ☐ 2 birds eye chilies sliced
- ☐ 1 pound vietnamese caramel salmon (see below)
- ☐ 1 pound salmon cut into large chunks
- ☐ 2 shallots diced finely
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons water

Equipment

Directions

- ☐ Assemble sandwiches and enjoy.

Nutrition Facts



Properties

Glycemic Index:94.42, Glycemic Load:30.46, Inflammation Score:-9, Nutrition Score:44.68826080146%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 887.02kcal (44.35%), Fat: 42.67g (65.64%), Saturated Fat: 11.32g (70.78%), Carbohydrates: 47.99g (16%), Net Carbohydrates: 45.6g (16.58%), Sugar: 17.96g (19.96%), Cholesterol: 199.55mg (66.52%), Sodium: 1352.08mg (58.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.99g (149.98%), Selenium: 122.83µg (175.47%), Vitamin B12: 9.15µg (152.47%), Vitamin B3: 26.58mg (132.91%), Vitamin B6: 2.5mg (125.11%), Vitamin B2: 1.36mg (80.12%), Phosphorus: 700.62mg (70.06%), Vitamin B1: 1.01mg (67.02%), Zinc: 7.93mg (52.89%), Potassium:

1666.69mg (47.62%), Vitamin B5: 4.19mg (41.88%), Copper: 0.79mg (39.67%), Folate: 146.08µg (36.52%), Iron: 6.35mg (35.27%), Magnesium: 131.08mg (32.77%), Vitamin A: 1547.01IU (30.94%), Vitamin K: 32.07µg (30.54%), Manganese: 0.45mg (22.35%), Calcium: 124.25mg (12.42%), Vitamin C: 10.11mg (12.25%), Fiber: 2.39g (9.56%), Vitamin E: 0.75mg (5.01%)