



WHATSheATE



Vietnamese Chicken Sandwich (Banh Mi)



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon asian fish sauce
- ☐ 24 inch baguette soft
- ☐ 1 carrots peeled
- ☐ 2 chicken breasts from a rotisserie chicken cooked thinly sliced
- ☐ 0.8 cup cilantro sprigs packed
- ☐ 0.5 pound daikon peeled
- ☐ 2 jalapeños fresh thinly sliced
- ☐ 4 servings lettuce leaves

- ☐ 0.3 pound braunschweiger liverwurst
- ☐ 2 tablespoons mayonnaise
- ☐ 0.5 cup rice vinegar (not seasoned)
- ☐ 0.5 teaspoon soya sauce
- ☐ 1 tablespoon sugar
- ☐ 0.5 onion sweet cut into 1/4-inch rings
- ☐ 2 tablespoons vegetable oil

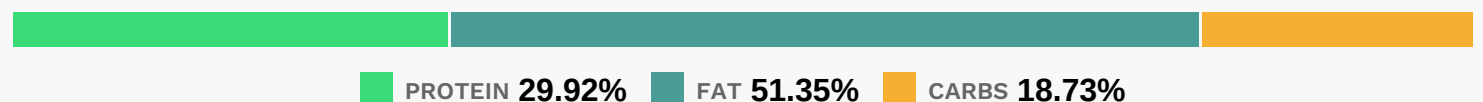
Equipment

- ☐ food processor
- ☐ oven
- ☐ colander

Directions

- ☐ Preheat oven to 350°F with rack in middle.
- ☐ Shred daikon and carrot in a food processor fitted with medium shredding disk. Stir together vinegar, sugar, and 1/2 teaspoon salt and toss with shredded vegetables.
- ☐ Let slaw stand, stirring occasionally, 15 minutes.
- ☐ Meanwhile, heat baguette on rack in oven until crusty, about 5 minutes.
- ☐ Cut off and discard round ends, then split baguette.
- ☐ Mix together oil, fish sauce, and soy sauce and brush on cut sides of bread.
- ☐ Spread liverwurst on bottom layer of bread and top with chiles, onion, and cilantro.
- ☐ Drain slaw in a colander.
- ☐ Arrange chicken, slaw, and lettuce on cilantro.
- ☐ Spread top layer of bread with mayonnaise and cut sandwich crosswise into fourths.

Nutrition Facts



Properties

Glycemic Index:106.92, Glycemic Load:8.36, Inflammation Score:-10, Nutrition Score:30.761738927468%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg, Quercetin: 7.98mg

Nutrients (% of daily need)

Calories: 423.75kcal (21.19%), Fat: 23.64g (36.36%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 16.84g (6.12%), Sugar: 8.71g (9.68%), Cholesterol: 120.05mg (40.02%), Sodium: 943.38mg (41.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.99g (61.98%), Vitamin A: 12485.39IU (249.71%), Selenium: 56.8µg (81.14%), Vitamin B3: 14.37mg (71.84%), Vitamin B12: 4.07µg (67.86%), Vitamin B6: 1.09mg (54.73%), Vitamin C: 30.17mg (36.57%), Phosphorus: 360.79mg (36.08%), Vitamin K: 37.5µg (35.71%), Vitamin B2: 0.52mg (30.69%), Vitamin B5: 2.72mg (27.24%), Potassium: 808.13mg (23.09%), Vitamin B1: 0.31mg (20.47%), Iron: 3.51mg (19.47%), Folate: 73.27µg (18.32%), Manganese: 0.33mg (16.52%), Magnesium: 64.88mg (16.22%), Copper: 0.23mg (11.45%), Zinc: 1.7mg (11.35%), Vitamin E: 1.55mg (10.34%), Fiber: 2.55g (10.21%), Calcium: 73.72mg (7.37%)