



Vietnamese Chicken Sandwiches

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce bread baguette french
- ☐ 2 teaspoons canola oil
- ☐ 1 pound chicken cutlets
- ☐ 0.5 cup cilantro leaves
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 cups cucumber english thinly sliced

- ☐ 2 teaspoons garlic divided minced
- ☐ 2 teaspoons hoisin sauce
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 1 cup radishes very thinly sliced
- ☐ 0.5 cup rice vinegar
- ☐ 1.5 cups romaine lettuce thinly sliced
- ☐ 1 tablespoon sriracha such as huy fong) hot
- ☐ 0.5 cup sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cut bread in half horizontally; hollow out, leaving a 1-inch-thick shell.
- ☐ Heat canola oil in a large skillet over medium-high heat.
- ☐ Sprinkle chicken with pepper. Saut 3 minutes on each side or until done.
- ☐ Let stand 10 minutes. Slice chicken; toss with 1 teaspoon garlic.
- ☐ Combine remaining 1 teaspoon garlic, soy sauce, sesame oil, and hoisin in a bowl; add chicken. Toss.
- ☐ Combine sugar and vinegar in a small saucepan; cook until sugar dissolves.
- ☐ Add carrot and radishes. Cool; drain, reserving 2 tablespoons vinegar mixture.
- ☐ Arrange cucumber and lettuce on bottom half of bread; drizzle with vinegar mixture. Top with chicken, radish mixture, cilantro, Sriracha, and bread top.
- ☐ Cut into 4 equal portions.
- ☐ If you like fresh basil, try Tuscan Pesto Chicken Panini: Prepare Vietnamese Chicken Sandwiches through step 2, substituting 8 ounces ciabatta bread for the baguette (do not hollow out bread) and sprinkling 1/4 teaspoon kosher salt on chicken with the black pepper.

- ☐ Combine 1 cup basil, 1 tablespoon chopped garlic, 1 tablespoon toasted pine nuts, 1 tablespoon olive oil, 1 tablespoon water, 1/4 teaspoon black pepper, and 1/8 teaspoon kosher salt in a mini food processor, and pulse until finely chopped.
- ☐ Cut a peeled roasted red bell pepper into quarters; discard seeds and membranes. Arrange pepper quarters on bottom half of bread. Top with 2 (1-ounce) slices provolone cheese and sliced chicken.
- ☐ Spread basil mixture on cut side of top half of bread; place on sandwich.
- ☐ Cut sandwich crosswise into 4 equal portions.
- ☐ Serves 4 Calories 391; Fat 8g (sat 4g); Sodium 793mg
- ☐ If you like pickles, try Pressed Cuban–Style Sandwiches: Prepare Vietnamese Chicken Sandwiches through step 2, substituting 8 ounces Cuban bread for baguette (do not hollow out bread) and sprinkling 1/4 teaspoon kosher salt on chicken with pepper.
- ☐ Spread 1 tablespoon spicy brown mustard over bottom half of bread; top with 1 ounce shredded Havarti cheese (about 1/4 cup), 1 ounce lower–sodium sliced ham, and chicken.
- ☐ Sprinkle chicken with 2 tablespoons chopped spicy kosher dill pickle; cover with top half of bread. Return pan to medium heat; coat with cooking spray.
- ☐ Add sandwich to pan; top with another heavy skillet to weigh down. Cook 2 minutes on each side or until toasted.
- ☐ Cut sandwich crosswise into 4 equal portions.
- ☐ Serves 4 Calories 315; Fat 9g (sat 5g); Sodium 761mg
- ☐ If you like avocado, try Chicken–Avocado Club Sandwiches: Prepare Vietnamese Chicken Sandwiches through step 2, substituting 12 slices toasted thin wheat bread for baguette (do not hollow out bread), substituting cooking spray for oil, and sprinkling 1/8 teaspoon kosher salt on chicken with pepper.
- ☐ Combine 1 cup mashed avocado, 1 tablespoon fresh lime juice, 2 teaspoons canola mayonnaise, and 2 slices cooked crumbled bacon. Divide avocado mixture evenly among 8 bread slices.
- ☐ Spread 1/2 teaspoon yellow mustard over 1 side of remaining 4 bread slices. Top each mustard–topped bread slice with 1 Bibb lettuce leaf and 2 plum tomato slices; sprinkle evenly with 1/4 teaspoon black pepper. Divide half of chicken among sandwiches; top each with 1 avocado–topped bread slice. Repeat layers.
- ☐ Serves 4 Calories 404; Fat 7g (sat 8g); Sodium 561mg

Nutrition Facts



Properties

Glycemic Index:81.65, Glycemic Load:51.81, Inflammation Score:-10, Nutrition Score:31.292608945266%

Flavonoids

Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg, Pelargonidin: 18.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 534.64kcal (26.73%), Fat: 9.37g (14.41%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 76.96g (25.65%), Net Carbohydrates: 72.85g (26.49%), Sugar: 32.67g (36.3%), Cholesterol: 72.63mg (24.21%), Sodium: 946.64mg (41.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.81g (69.62%), Vitamin A: 6179.75IU (123.6%), Selenium: 61.9µg (88.43%), Vitamin B3: 16.4mg (81.98%), Vitamin B6: 1.06mg (53.15%), Vitamin B1: 0.72mg (48.24%), Folate: 156.37µg (39.09%), Phosphorus: 372.45mg (37.24%), Vitamin K: 39.02µg (37.16%), Manganese: 0.69mg (34.55%), Vitamin B2: 0.55mg (32.64%), Iron: 4.63mg (25.72%), Potassium: 822.84mg (23.51%), Vitamin B5: 2.28mg (22.76%), Magnesium: 76.86mg (19.21%), Fiber: 4.11g (16.42%), Vitamin C: 12.09mg (14.66%), Copper: 0.26mg (12.8%), Zinc: 1.9mg (12.66%), Calcium: 90.39mg (9.04%), Vitamin E: 0.89mg (5.93%), Vitamin B12: 0.23µg (3.78%)