



HEALTH SCORE

73%

Vietnamese Sandwich



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



3002 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 28 inch bread baguettes split french
- ☐ 1 ounce chile sauce with garlic
- ☐ 1 medium cucumber peeled sliced lengthwise
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 teaspoons mayonnaise to taste
- ☐ 4 pork loin chops boneless
- ☐ 1 small onion red sliced into rings

☐ 4 servings salt and pepper to taste

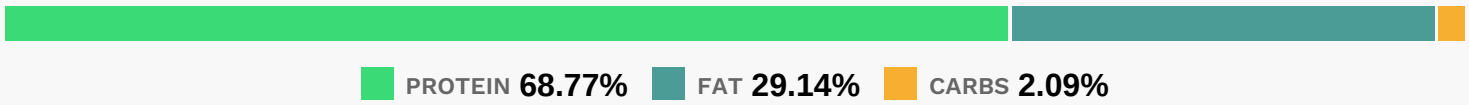
Equipment

- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat the oven's broiler.
- ☐ Place the pork chops on a broiling pan and set under the broiler. Cook for about 5 minutes, turning once, or until browned on each side.
- ☐ Open the French rolls and spread mayonnaise on the insides.
- ☐ Place one of the cooked pork chops into each roll.
- ☐ Spread chile sauce directly on the meat.
- ☐ Sprinkle with a little lime juice and top with slices of onion, cucumber, cilantro, salt and pepper. Finish with another quick drizzle of lime juice.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:5.23, Inflammation Score:-9, Nutrition Score:60.495217302571%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 3002.4kcal (150.12%), Fat: 93.03g (143.13%), Saturated Fat: 28g (175.03%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 13.16g (4.78%), Sugar: 4.39g (4.87%), Cholesterol: 1384.53mg (461.51%), Sodium: 1729.54mg

(75.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 494.07g (988.14%), Selenium: 613.43µg (876.33%), Vitamin B6: 16.66mg (832.85%), Vitamin B1: 9.83mg (655.3%), Vitamin B3: 127.17mg (635.85%), Phosphorus: 4983.27mg (498.33%), Zinc: 39.85mg (265.64%), Vitamin B2: 4.17mg (245.46%), Potassium: 8362.44mg (238.93%), Vitamin B12: 11.2µg (186.65%), Vitamin B5: 16.68mg (166.8%), Magnesium: 588.08mg (147.02%), Iron: 12.69mg (70.49%), Copper: 1.35mg (67.56%), Vitamin D: 8.79µg (58.59%), Manganese: 0.44mg (22.1%), Vitamin E: 3.08mg (20.52%), Calcium: 148.03mg (14.8%), Vitamin K: 11.83µg (11.27%), Vitamin C: 8.27mg (10.02%), Fiber: 1.88g (7.53%), Folate: 29.21µg (7.3%), Vitamin A: 60.74IU (1.21%)