



Vietnamese Sandwiches with Tempura Sweet Potato and Avocado (Vegan Banh Mì)

 Vegetarian  Vegan  Dairy Free  Popular

READY IN



30 min.

SERVINGS



4

CALORIES



4011 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado thinly sliced
- ☐ 2 teaspoons bragg liquid aminos such as maggi or bragg's
- ☐ 1.5 quarts canola oil
- ☐ 1 bunch cilantro leaves fine
- ☐ 0.3 cup cornstarch
- ☐ 1 cucumber split seeds removed, lengthwise into 8 spears
- ☐ 0.5 cup flour all-purpose

- ☐ 1 jalapeno sliced into thin spears
- ☐ 4 servings kosher salt
- ☐ 0.8 cup seltzer water ice cold (See note)
- ☐ 4 crusty baguette vietnamese-style soft
- ☐ 1 sweet potatoes and into cut into 1/4 to 1/8-inch planks cut in half lengthwise, then

Equipment

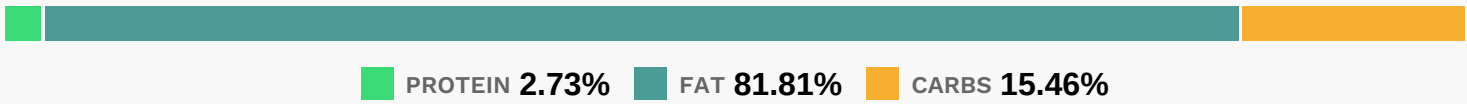
- ☐ bowl
- ☐ paper towels
- ☐ oven
- ☐ wok
- ☐ dutch oven
- ☐ chopsticks
- ☐ deep fryer

Directions

- ☐ Preheat oven to 350°F.
- ☐ Heat oil in a large wok, Dutch oven, or deep fryer to 400°F.
- ☐ Combine flour, cornstarch, and 1/2 teaspoon salt in a medium bowl and stir with chopsticks to combine.
- ☐ Add soda water and stir rapidly to combine. Do not overmix (some lumps are ok).
- ☐ Add sweet potato slices and working one piece at a time, lift potato slice, allow excess batter to drip back into bowl, then slowly lower into hot oil. Repeat until all potato slices are in the fryer. Cook, agitating and flipping slices constantly until pale golden brown and very crisp, about 2 minutes.
- ☐ Transfer sweet potato slices to a paper towel-lined plate and season with salt.
- ☐ Place baguettes in oven until crisp, about 4 minutes. Split baguettes.
- ☐ Sprinkle bottoms and tops with liquid aminos, then spoon on a thin layer of the ginger-scallion oil.

- ☐
- Spread half of avocado along bottom surface os sandwich, then divide sweet potatoes on top of avocado. Top sweet potatoes with more ginger–scallion oil, then add pickled carrot/daikon mixture, cucumber spears, jalapeño, and cilantro.
- ☐
- Spread remaining avocado on top half of bun. Season to taste with salt, then close sandwiches, split in half crosswise, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:80.94, Glycemic Load:97.33, Inflammation Score:-10, Nutrition Score:47.699130016824%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 4011.48kcal (200.57%), Fat: 369.42g (568.34%), Saturated Fat: 28.6g (178.74%), Carbohydrates: 157.05g (52.35%), Net Carbohydrates: 145.57g (52.93%), Sugar: 15.66g (17.4%), Cholesterol: 0mg (0%), Sodium: 1786.26mg (77.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Vitamin E: 64.22mg (428.16%), Vitamin K: 284.39µg (270.85%), Vitamin A: 8315.71IU (166.31%), Vitamin B1: 1.68mg (112.09%), Folate: 355.7µg (88.92%), Manganese: 1.56mg (77.78%), Selenium: 49.17µg (70.24%), Vitamin B3: 13.56mg (67.78%), Vitamin B2: 1mg (59.05%), Iron: 10.22mg (56.8%), Fiber: 11.48g (45.94%), Phosphorus: 325.72mg (32.57%), Calcium: 302.58mg (30.26%), Copper: 0.57mg (28.6%), Vitamin B6: 0.57mg (28.5%), Magnesium: 107.87mg (26.97%), Potassium: 883.1mg (25.23%), Vitamin B5: 2.37mg (23.66%), Zinc: 2.77mg (18.45%), Vitamin C: 13.47mg (16.33%)