



Vietnamese-style Turkey Subs



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



13 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 3 cups cabbage shredded finely (see Notes)
- ☐ 0.5 cup carrots shredded finely
- ☐ 4 tsp asian chili paste
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon ginger fresh chopped
- ☐ 2 teaspoons garlic chopped
- ☐ 0.3 cup thickly green onions sliced (including tops)

- ☐ 1 tablespoon juice of lime
- ☐ 0.5 cup rice vinegar divided
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 4 cups turkey dark shredded cooked (mostly meat)
- ☐ 1 light-textured baguette thick cut into 4 sections, or 4 long rolls such as bolillos (see notes)

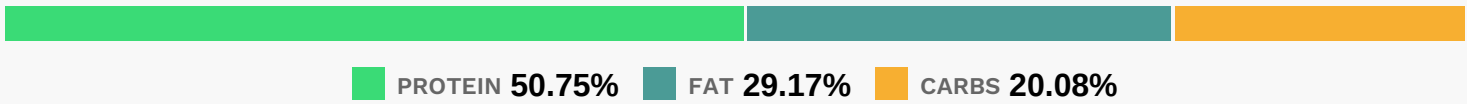
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In a bowl, mix cabbage and carrots with 1/4 cup rice vinegar, the salt, and sugar; let stand about 30 minutes.
- ☐ In a food processor or blender, combine remaining 1/4 cup rice vinegar with green onions, lime juice, ginger, garlic, and five-spice powder. Whirl until smooth.
- ☐ Pour mixture into a bowl.
- ☐ Add turkey and mix to coat.
- ☐ Split baguette sections or bolillos lengthwise almost all the way through, leaving halves attached at one side.
- ☐ Spread about 1 tsp. chili paste on 1 cut side of each. Mound turkey mixture on top, then add on cabbage mixture and cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:5.91, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.3169565375732%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 13.37kcal (0.67%), Fat: 0.42g (0.65%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.31g (0.34%), Cholesterol: 5.2mg (1.73%), Sodium: 31.02mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.33%), Vitamin K: 4.54µg (4.33%), Vitamin A: 214.12IU (4.28%), Vitamin B3: 0.59mg (2.93%), Vitamin B6: 0.05mg (2.63%), Selenium: 1.59µg (2.27%), Vitamin C: 1.79mg (2.17%), Phosphorus: 15.58mg (1.56%), Vitamin B12: 0.09µg (1.47%)