

# Kentucky Dept. of Education

**001358 - Grilled Veg Banh Mi**

**Recipe HACCP Process: #2 Same Day Service**

Source: Jefferson Cnty  
 Number of Portions: 48  
 Size of Portion: Serving

Meat/Alt: 0 oz  
 Grains: 2 oz  
 Fruit: 0 Cup  
 Vegetable: 1 Cup  
 Milk: 0 Cup

Alternate Menu Name:      Serve with Spicy Mayo

011216 GINGER ROOT,RAW..... 1/2 Cup minced 011265 MUSHROOMS,PORTABELLA,RAW..... 32 piece whole 011206 Seedless Cucumber..... 8 thinly sliced 799968 CILANTRO..... 8 Bunch 799939 GARLIC,RAW..... 1/2 CUP, MINCED 002053 Rice Vinegar..... 1 CUP 903908 Marinated KimChi Vegetables..... 8 CUP 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW... 24 medium 903896 Soy Sauce..... 1 1/2 CUP 901062 ONIONS,RED,RAW..... 8 Lg sliced into thick ring 799918 MINT LEAVES, FRESH..... 8 Bunch 903905 Sesame Oil..... 1/2 CUP 903907 French Bread..... 16 Loaf	In a large shallow bowl, mix together soy sauce and ginger and marinate mushrooms and zucchini in for 15-20 minutes. In a separate bowl, brush onion slices with oil and season with salt and pepper. Grill onions, mushrooms and zucchini. Set aside. Cut bread in half and slightly toast in oven. Spread spicy mayo on the bottom half and put cucumber down first. Season cucumber with salt and pepper. Next, place grilled vegetables and top with marinated kimchi vegetables, mint and cilantro. Top with other half of bread and serve warm or at room temperature. Serving: Cut into thirds to serve.
903897 Siracha Sauce..... 1 1/2 CUP 903905 Sesame Oil..... 1/2 CUP 004708 MAYONNAISE,RED FAT,W/ OLIVE OIL..... 8 CUP 009152 LEMON JUICE,RAW..... 8 lemon yields	For spicy mayo: Mix siracha sauce, sesame oil, mayonnaise and lemon juice. May be prepared up to 2 weeks in advance. Hold at 41 degrees or below.

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	560 kcal	Cholesterol	*13.20* mg	Sugars	*4.41* g	Calcium	*30.48* mg	49.17%	Calories from Total Fat
Total Fat	30.60 g	Sodium	1498.74 mg	Protein	*10.13* g	Iron	*0.69* mg	6.87%	Calories from Sat Fat
Saturated Fat	4.27 g	Carbohydrate	66.28 g	Vitamin A	*284.45* IU	Water <sup>1</sup>	*218.61* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*2.22* g	Vitamin C	*22.98* mg	Ash <sup>1</sup>	*2.06* g	47.33%	Calories from Carbohydrates
								*7.23%*	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.