

meatball banh mi



Serving Suggestion



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portion size:
1 sandwich

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Marinated vegetables					<ol style="list-style-type: none"> 1. Stir vinegar, sugar, and salt in pot. Heat until sugar and salt dissolve. Let cool. 2. Add carrots and radishes to vinegar mixture. Marinate for 30 minutes. Drain. 3. Place meatballs on sheet pan and heat in 350°F. oven for 10-15 minutes, until they reach an internal temperature of 140°F. 4. Blend mayo and soy sauce. 5. Assemble each sandwich. Lay out rolls. Spread 1 tsp. mayo on bottom half of the roll. Layer three slices cucumber, 2-3 cilantro sprigs and ¼ c. marinated vegetables. Place 4 meatballs on top of vegetables and finish with top of roll.
white vinegar	1 qt.		2 qt.		
sugar, granulated	1 qt.		2 qt.		
salt	2 tsp.		1 tbsp. 1 tsp.		
coarsely shredded carrots	3 qt. 1 c.	2 lbs. 4 oz.	1 gal. 2 qt.	4 lbs. 8 oz.	
thinly sliced radishes	1 qt.	1 lb.	2 qt.	2 lbs.	
Savory Turkey Meatballs FC, #6399-30, thawed		8 lbs. 4 oz.		16 lbs. 8 oz.	
Mayonnaise	1 qt.		2 qt.		
Low sodium soy sauce	1½ tbsp.		3 tbsp.		
Small hoagie rolls, whole grain, 4", 2 oz.	50 ea.		100 ea.		
Cucumbers, unpared, sliced thin		1 lb. 8 oz.		3 lbs.	
Cilantro, fresh	4 bunches		8 bunches		

• 1 serving provides 2 oz. meat/meat alternate, 2 bread/grain and ¼ c. (other) vegetable.

For preparation by a food preparation establishment only, according to the food code or equivalent.

Nutrients Per Serving					
Calories	432 cal	Trans Fat	0 g	Carbohydrates	51 g
Fat	17 g	Cholesterol	51 mg	Dietary Fiber	3 g
Saturated Fat	3 g	Sodium	886 mg	Protein	19 g