



WHATSheATE



Asian Pork Barbecue Sandwiches



Gluten Free



Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup asian barbecue sauce
- ☐ 1 cup d cabbage or fresh shredded red (such as Express)
- ☐ 7.6 ounce onion buns toasted (such as Earth Grains)
- ☐ 12 ounce center-cut loin pork chops boneless trimmed thinly sliced

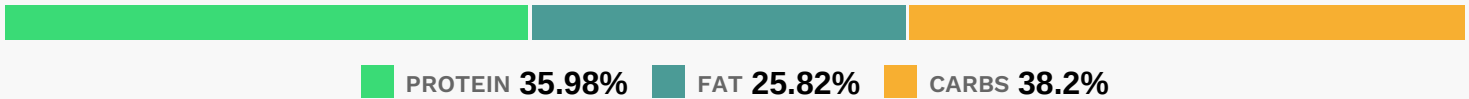
Equipment

- ☐ frying pan

Directions

- ☐ Heat a 10-inch nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork, and saut 2 minutes or until pork is done.
- ☐ Add barbecue sauce to pan; toss pork with sauce.
- ☐ Spoon pork mixture evenly onto bottom halves of buns; top each with 1/4 cup red cabbage and, if desired, pickle slices. Top with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:1.37, Inflammation Score:-4, Nutrition Score:13.121304263239%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg, Isorhamnetin: 2.7mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg, Quercetin: 10.98mg

Nutrients (% of daily need)

Calories: 219.24kcal (10.96%), Fat: 6.2g (9.54%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 20.63g (6.88%), Net Carbohydrates: 18.96g (6.89%), Sugar: 14.71g (16.35%), Cholesterol: 56.98mg (18.99%), Sodium: 414.35mg (18.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.44g (38.88%), Selenium: 28.94µg (41.34%), Vitamin B1: 0.61mg (40.73%), Vitamin B6: 0.73mg (36.53%), Vitamin B3: 7.11mg (35.55%), Phosphorus: 219.53mg (21.95%), Potassium: 508.56mg (14.53%), Vitamin K: 14.16µg (13.48%), Vitamin C: 10.61mg (12.86%), Vitamin B2: 0.2mg (11.7%), Zinc: 1.5mg (10.01%), Magnesium: 34.25mg (8.56%), Vitamin B5: 0.78mg (7.8%), Vitamin B12: 0.45µg (7.51%), Manganese: 0.15mg (7.42%), Fiber: 1.67g (6.7%), Copper: 0.1mg (4.88%), Iron: 0.85mg (4.72%), Folate: 18.47µg (4.62%), Calcium: 37.14mg (3.71%), Vitamin E: 0.43mg (2.89%), Vitamin D: 0.34µg (2.27%), Vitamin A: 101.71IU (2.03%)