



Barbecue Pork-and-Coleslaw Hoagies



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



666 kcal

Ingredients

- ☐ 0.5 cup spicy barbecue sauce divided kraft (such as Spicy Cajun)
- ☐ 2.5 cups d cabbage-and-carrot coleslaw
- ☐ 2.5 teaspoons horseradish prepared
- ☐ 1.5 tablespoons mayonnaise light
- ☐ 2.5 tablespoons cup heavy whipping cream sour low-fat
- ☐ 1 pound pork tenderloin
- ☐ 10 ounce hoagie rolls with sesame seeds
- ☐ 1.5 teaspoons sugar

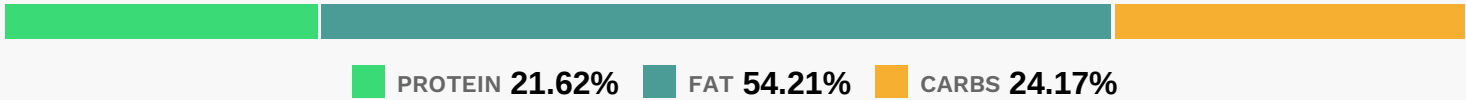
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare broiler.
- ☐ Trim fat from pork; cut pork in half lengthwise.
- ☐ Brush the pork with 3 tablespoons barbecue sauce.
- ☐ Place pork on a broiler pan coated with cooking spray, and broil for 15 minutes or until a thermometer registers 155 (slightly pink); turn pork occasionally.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ While pork is cooking, combine the coleslaw and the next 4 ingredients (coleslaw through horseradish) in a medium bowl; set aside.
- ☐ Combine the pork and 3 tablespoons barbecue sauce.
- ☐ Brush cut sides of bread with 2 tablespoons barbecue sauce. Divide the pork evenly among bottom halves of rolls. Top each roll half with about 1/2 cup coleslaw and pickles (if desired); cover with roll tops.
- ☐ Note: The pork can also be grilled.
- ☐ Place pork on a grill rack coated with cooking spray, and and grill 15 minutes or until thermometer registers 155' (slightly pink). turning pork occasionally.

Nutrition Facts



Properties

Glycemic Index:46.73, Glycemic Load:6.56, Inflammation Score:-10, Nutrition Score:50.152609120245%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 666.44kcal (33.32%), Fat: 41.61g (64.02%), Saturated Fat: 6.99g (43.69%), Carbohydrates: 41.73g (13.91%), Net Carbohydrates: 30.71g (11.17%), Sugar: 17.82g (19.8%), Cholesterol: 77.17mg (25.72%), Sodium: 552.97mg (24.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.34g (74.68%), Vitamin A: 13481.86IU (269.64%), Copper: 3.06mg (152.99%), Vitamin B1: 1.74mg (115.92%), Manganese: 1.92mg (96.16%), Selenium: 59.75µg (85.36%), Vitamin B6: 1.57mg (78.42%), Phosphorus: 763.58mg (76.36%), Calcium: 748.68mg (74.87%), Magnesium: 295.33mg (73.83%), Iron: 11.91mg (66.15%), Vitamin B3: 11.71mg (58.57%), Zinc: 7.93mg (52.89%), Fiber: 11.03g (44.11%), Vitamin B2: 0.63mg (37.27%), Potassium: 1141.53mg (32.62%), Folate: 87.48µg (21.87%), Vitamin K: 14.1µg (13.43%), Vitamin B5: 1.27mg (12.68%), Vitamin B12: 0.62µg (10.35%), Vitamin E: 1.38mg (9.19%), Vitamin C: 5.78mg (7.01%), Vitamin D: 0.36µg (2.37%)