



Barbecue Pork Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cider vinegar
- 0.3 teaspoon mustard dry
- 0.3 teaspoon garlic powder
- 1 Dash hot sauce
- 1 pound pork tenderloins
- 0.5 cup no-salt-added tomato sauce
- 1 teaspoon vegetable oil
- 2 tablespoons water

- 4 hamburger buns whole wheat reduced-calorie
- 2 tablespoons worcestershire sauce low-sodium

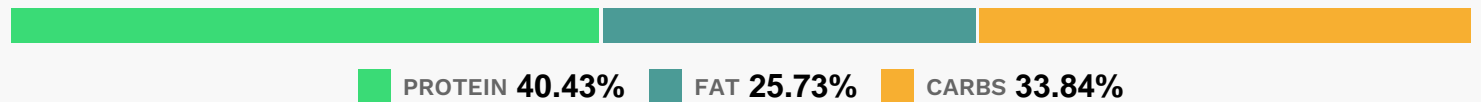
Equipment

- frying pan
- rolling pin
- meat tenderizer

Directions

- Cut pork into slices; flatten, using a meat mallet or rolling pin.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add pork, and cook 3 minutes on each side or until browned.
- Drain and coarsely chop. Wipe drippings from pan; add tomato sauce and next 7 ingredients. Bring to a boil; add pork. Cover, reduce heat, and simmer 20 minutes, stirring often.
- Spoon 3/4 cup pork mixture onto each bun.
- Tip: Double this recipe if you use it in the Fourth of July menu on page You'll need to brown the pork in two batches.

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:21.932608801386%

Nutrients (% of daily need)

Calories: 281.1kcal (14.06%), Fat: 7.97g (12.26%), Saturated Fat: 2.15g (13.45%), Carbohydrates: 23.57g (7.86%), Net Carbohydrates: 21.37g (7.77%), Sugar: 4.8g (5.33%), Cholesterol: 73.71mg (24.57%), Sodium: 522.27mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.17g (56.34%), Vitamin B1: 1.34mg (89.14%), Selenium: 49.21µg (70.3%), Vitamin B3: 9.88mg (49.39%), Vitamin B6: 0.94mg (47.13%), Phosphorus: 346.24mg (34.62%), Vitamin B2: 0.55mg (32.54%), Manganese: 0.53mg (26.45%), Iron: 3.66mg (20.33%), Potassium: 685.28mg (19.58%), Zinc: 2.69mg (17.96%), Magnesium: 57.17mg (14.29%), Folate: 53.68µg (13.42%), Copper: 0.25mg (12.7%), Vitamin B5: 1.27mg (12.68%), Vitamin B12: 0.59µg (9.9%), Fiber: 2.2g (8.81%), Calcium: 64.17mg (6.42%), Vitamin E: 0.83mg (5.52%), Vitamin K: 4.41µg (4.2%), Vitamin C: 3.28mg (3.97%), Vitamin A: 141.67IU (2.83%), Vitamin D: 0.34µg

(2.27%)