



Barbecue Pork Sandwiches



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup milk
- ☐ 2 teaspoons peppermint flavoring
- ☐ 18 oz barbecue sauce shredded refrigerated with pork
- ☐ 1 cup savory vegetable mixed frozen thawed drained
- ☐ 2 tablespoons maple syrup
- ☐ 1.8 cups frangelico

Equipment

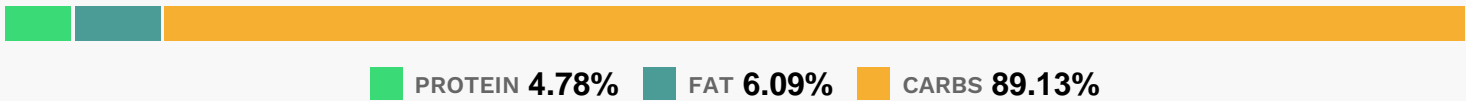
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Heat oven to 450°F. In large bowl, mix milk and maple flavor. Stir in Bisquick mix until soft dough forms; beat 20 strokes.
- ☐ Place dough on surface generously dusted with Bisquick mix; gently roll in Bisquick mix to coat. Shape into a ball; knead 10 times.
- ☐ Roll or pat into 6-inch square, about 1/2 inch thick.
- ☐ Cut into 4 square biscuits.
- ☐ Place biscuits on ungreased cookie sheet.
- ☐ Bake 7 to 9 minutes or until lightly browned.
- ☐ Meanwhile, place pork in 1 1/2-quart microwavable bowl. Cover with microwavable plastic wrap, folding back one edge 1/4 inch to vent steam. Microwave on High 2 minutes; stir. If not hot, cover and microwave up to 4 minutes longer, stirring every minute. Stir in vegetables and maple syrup. Cover and microwave on High 1 minute.
- ☐ To serve, split biscuits in half. Fill with pork mixture.

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:4.94, Inflammation Score:-9, Nutrition Score:9.493912955989%

Nutrients (% of daily need)

Calories: 293.85kcal (14.69%), Fat: 2.02g (3.1%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 63.37g (23.04%), Sugar: 49.81g (55.35%), Cholesterol: 3.66mg (1.22%), Sodium: 1347.88mg (58.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.12%), Vitamin A: 2645.66IU (52.91%), Manganese: 0.5mg (25.15%), Vitamin B2: 0.28mg (16.42%), Potassium: 460.68mg (13.16%), Fiber: 2.97g (11.87%), Calcium: 101.89mg (10.19%), Phosphorus: 83.16mg (8.32%), Magnesium: 33.26mg (8.32%), Vitamin B6: 0.16mg

(7.9%), Vitamin B1: 0.11mg (7.24%), Iron: 1.26mg (7%), Vitamin E: 1.04mg (6.91%), Vitamin B3: 1.37mg (6.86%),
Copper: 0.13mg (6.72%), Vitamin C: 5.5mg (6.66%), Zinc: 0.62mg (4.11%), Vitamin B5: 0.4mg (3.97%), Folate:
15.75µg (3.94%), Selenium: 2.42µg (3.46%), Vitamin B12: 0.16µg (2.74%), Vitamin K: 2.39µg (2.27%), Vitamin D:
0.34µg (2.24%)