



Barbecue Sandwiches

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 oz spicy barbecue sauce
- ☐ 8 hamburger buns french
- ☐ 1.5 pounds baked pork loin roast thinly sliced (36 slices)
- ☐ 8 servings creamy slaw

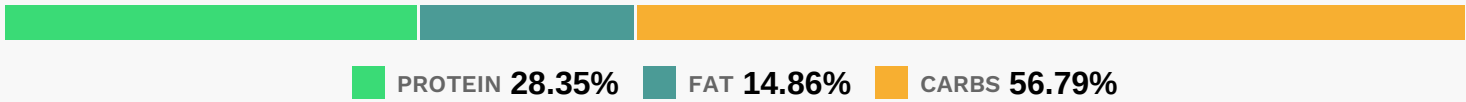
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Stir together roast and barbecue sauce in a large skillet over medium-low heat. Cook, stirring occasionally, 8 to 10 minutes or until thoroughly heated.
- ☐ Meanwhile, place buns on a baking sheet.
- ☐ Bake at 375 for 6 to 8 minutes or until golden brown.
- ☐ Cut buns in half lengthwise.
- ☐ Layer pork on bottom halves of buns. Top each with 1 heaping tablespoonful Creamy Slaw; cover with top halves of buns.
- ☐ Serve with remaining slaw.
- ☐ *1 1/2 lb. thinly sliced Slow-Cooker Pork Butt Roast may be substituted.
- ☐ **French rolls may be substituted.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:12.89, Inflammation Score:-4, Nutrition Score:14.738695761432%

Nutrients (% of daily need)

Calories: 342.2kcal (17.11%), Fat: 5.54g (8.52%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 47.63g (15.88%), Net Carbohydrates: 46.25g (16.82%), Sugar: 24.34g (27.04%), Cholesterol: 53.58mg (17.86%), Sodium: 911.27mg (39.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Selenium: 36.09µg (51.55%), Vitamin B1: 0.63mg (41.7%), Vitamin B6: 0.72mg (35.91%), Vitamin B3: 7.07mg (35.33%), Phosphorus: 247.81mg (24.78%), Vitamin B2: 0.32mg (18.99%), Manganese: 0.33mg (16.29%), Potassium: 520.23mg (14.86%), Iron: 2.35mg (13.04%), Zinc: 1.96mg (13.03%), Folate: 42.13µg (10.53%), Magnesium: 40.41mg (10.1%), Calcium: 87.62mg (8.76%), Vitamin B12: 0.52µg (8.66%), Vitamin B5: 0.74mg (7.4%), Copper: 0.14mg (7.12%), Fiber: 1.37g (5.49%), Vitamin E: 0.74mg (4.92%), Vitamin K: 3.97µg (3.78%), Vitamin A: 144.29IU (2.89%), Vitamin D: 0.34µg (2.27%), Vitamin C: 1.31mg (1.59%)