



Barbecued-Pork Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 0.5 cup bell pepper strips green
- ☐ 2 teaspoons brown sugar
- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 cup onion sliced
- ☐ 4 ounces apricot-glazed pork roast thinly sliced
- ☐ 4 ounce sandwich rolls
- ☐ 0.5 teaspoon vegetable oil

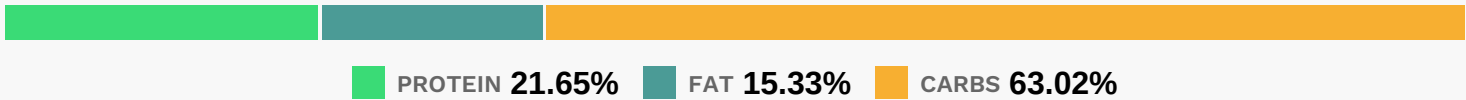
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients in a small bowl. Stir well; set aside.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion and bell pepper; saut 6 minutes or until tender.
- ☐ Spread barbecue sauce over cut sides of rolls. Divide onion mixture and pork evenly between roll bottoms; top with roll tops.
- ☐ Wrap sandwiches tightly in foil; bake at 400 for 15 minutes.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:17.665652119595%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 17.07mg, Quercetin: 17.07mg, Quercetin: 17.07mg, Quercetin: 17.07mg

Nutrients (% of daily need)

Calories: 367.33kcal (18.37%), Fat: 6.24g (9.59%), Saturated Fat: 1.29g (8.09%), Carbohydrates: 57.68g (19.23%), Net Carbohydrates: 54.05g (19.66%), Sugar: 21.07g (23.41%), Cholesterol: 35.72mg (11.91%), Sodium: 709.9mg (30.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.81g (39.62%), Selenium: 38.79µg (55.41%), Vitamin C: 36.57mg (44.32%), Vitamin B1: 0.59mg (39.25%), Vitamin B6: 0.66mg (32.82%), Vitamin B3: 6.15mg (30.76%), Manganese: 0.46mg (23.06%), Phosphorus: 222.33mg (22.23%), Vitamin B2: 0.35mg (20.52%), Folate: 73.79µg (18.45%), Potassium: 544.82mg (15.57%), Iron: 2.72mg (15.11%), Fiber: 3.62g (14.49%), Zinc: 1.8mg (12%), Magnesium: 46.86mg (11.71%), Copper: 0.21mg (10.45%), Calcium: 94.02mg (9.4%), Vitamin B5: 0.86mg (8.56%), Vitamin K: 6.13µg (5.84%), Vitamin E: 0.85mg (5.64%), Vitamin B12: 0.29µg (4.82%), Vitamin A: 219.58IU (4.39%), Vitamin D: 0.23µg (1.51%)