



Barbecued Pork Sandwiches with Pickled Red Onion

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon kosher salt smoked
- 1 teaspoon kosher salt smoked
- 1 garlic clove peeled
- 1 tablespoon pepper black
- 2 tablespoons juice of lime fresh
- 0.5 cup olive oil
- 6 large onion rolls split toasted

- 1 cup orange juice
- 2 tablespoons orange juice
- 1 tablespoon paprika smoked spanish (Pimentón de La Vera)
- 2 pound pork tenderloin
- 1 onion red halved thinly sliced
- 0.5 teaspoon salt (scant)
- 3 tablespoons tomato sauce
- 1.5 cups water boiling
- 6 tablespoons vinegar white
- 6 servings frangelico
- 6 servings frangelico

Equipment

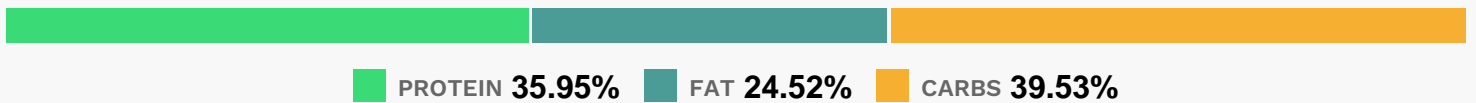
- bowl
- whisk
- grill
- kitchen thermometer
- cutting board

Directions

- Place sliced onion in medium bowl.
- Pour boiling water over.
- Let stand 10 minutes; drain well, then return to bowl.
- Add juice, vinegar, and salt and stir to blend. Cover and chill at least 2 hours and up to 1 day.
- Chop garlic with salt to paste; scrape into small bowl.
- Add barbecue sauce, orange juice, and lime juice to bowl. Gradually whisk in oil. Season vinaigrette to taste with pepper. DO AHEAD Can be made 1 day ahead. Cover and refrigerate.
- Blend pepper, smoked paprika, and salt in small bowl.
- Sprinkle seasoning mix evenly over both tenderloins.

- Let stand at least 30 minutes and up to 2 hours.
- Spray grill rack with nonstick spray. Prepare barbecue (high heat). Grill tenderloins uncovered 5 minutes, rolling over to sear all sides. Cover grill and continue to cook until thermometer inserted into thickest part registers 145F, turning often and moving to cooler part of grill as needed, about 15 minutes longer.
- Transfer to cutting board; let rest 10 minutes.
- Thinly slice tenderloins crosswise into rounds. Mound pork on roll bottoms. Top with well-drained onion slices, then drizzle with vinaigrette. Cover with roll tops and serve, passing extra onion slices and vinaigrette separately.

Nutrition Facts



Properties

Glycemic Index:50.5, Glycemic Load:3.21, Inflammation Score:-7, Nutrition Score:26.50913062303%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 6.07mg, Hesperetin: 6.07mg, Hesperetin: 6.07mg, Hesperetin: 6.07mg Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg, Naringenin: 1.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 441.22kcal (22.06%), Fat: 11.81g (18.17%), Saturated Fat: 2.34g (14.65%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 39.95g (14.53%), Sugar: 8.62g (9.57%), Cholesterol: 98.28mg (32.76%), Sodium: 1269.06mg (55.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.96g (77.93%), Vitamin B1: 1.75mg (116.56%), Selenium: 46.28µg (66.11%), Vitamin B3: 12.46mg (62.29%), Vitamin B6: 1.24mg (62.04%), Vitamin B2: 0.73mg (42.81%), Phosphorus: 390.09mg (39.01%), Vitamin C: 27.05mg (32.79%), Iron: 4.51mg (25.04%), Potassium: 785.51mg (22.44%), Folate: 87.51µg (21.88%), Zinc: 2.98mg (19.87%), Vitamin B5: 1.45mg (14.53%), Vitamin A: 712.51IU (14.25%), Magnesium: 54.03mg (13.51%), Vitamin B12: 0.79µg (13.1%), Fiber: 2.91g (11.64%), Manganese: 0.23mg (11.28%), Copper: 0.21mg (10.33%), Calcium: 99.47mg (9.95%), Vitamin E: 1.34mg (8.95%), Vitamin K: 5.11µg (4.87%), Vitamin D: 0.45µg (3.02%)