



BBQ Pork Panini Sandwich

 Very Healthy

READY IN



105 min.

SERVINGS



4

CALORIES



1180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 4 tablespoon butter room temperature
- 0.3 pound colby cheddar cheese sliced
- 1 slices dill pickle
- 1 clove garlic minced
- 3.8 tablespoons onion powder
- 1.5 cups paprika
- 3 pound roast pork loin

- 4 style sandwich rolls french sliced
- 0.8 cup sugar white

Equipment

- bowl
- oven
- plastic wrap
- grill
- aluminum foil
- panini press

Directions

- Mix the rub ingredients together in a bowl.
- Place pork in a roasting dish. Pat the rub seasoning into pork to cover. (Reserve any remaining rub in a container fitted with lid for up to 6 months.) Cover with plastic wrap and refrigerate to marinate for 1 hour.
- Preheat oven to 325 degrees F.
- Place roast pork into oven and cook for 1 1/2 hours. When cooked, tent roast with foil so juices will settle. Slice thin.
- Preheat your panini press.
- In a small bowl mix the butter and the garlic. Butter the sandwich bread.
- Divide the pork, pickles, cheese and barbecue sauce evenly between the bread.
- Place the sandwiches in the panini press and close the lid. Grill the sandwich until the bread is toasty and the cheese is melted. Slice on a diagonal and serve warm.

Nutrition Facts

 **PROTEIN 31.5%**  **FAT 31.96%**  **CARBS 36.54%**

Properties

Glycemic Index:48.02, Glycemic Load:27.6, Inflammation Score:-10, Nutrition Score:60.274782471035%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1180.33kcal (59.02%), Fat: 43.06g (66.25%), Saturated Fat: 18.16g (113.49%), Carbohydrates: 110.75g (36.92%), Net Carbohydrates: 93.58g (34.03%), Sugar: 55.53g (61.7%), Cholesterol: 272.77mg (90.92%), Sodium: 1466.36mg (63.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 95.47g (190.95%), Vitamin A: 20732.85IU (414.66%), Selenium: 128.97µg (184.24%), Vitamin B6: 3.57mg (178.6%), Vitamin B1: 1.98mg (132%), Vitamin B3: 26.34mg (131.69%), Phosphorus: 1118.44mg (111.84%), Vitamin E: 13.36mg (89.04%), Vitamin B2: 1.51mg (88.88%), Iron: 12.92mg (71.79%), Potassium: 2477.21mg (70.78%), Fiber: 17.17g (68.67%), Zinc: 9.85mg (65.65%), Manganese: 1.1mg (54.77%), Magnesium: 198.83mg (49.71%), Calcium: 427.35mg (42.74%), Vitamin B5: 4.05mg (40.48%), Vitamin K: 41.96µg (39.96%), Vitamin B12: 2.06µg (34.32%), Copper: 0.67mg (33.39%), Folate: 88.41µg (22.1%), Vitamin D: 1.53µg (10.21%), Vitamin C: 3.16mg (3.83%)