



## BBQ "Porkwich

READY IN



25 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups baby spinach leaves
- 0.5 cup original barbecue sauce kraft
- 1 tsp pepper black
- 6 singles kraft
- 1 Tbsp oil divided
- 1.5 lb pork chops boneless
- 6 kaiser rolls split toasted
- 1 tomatoes cut into 6 slices

# Equipment

frying pan

# Directions

Pound chops to 1/4-inch thickness.

Sprinkle both sides of chops with pepper.

Heat half the oil in large skillet on medium heat.

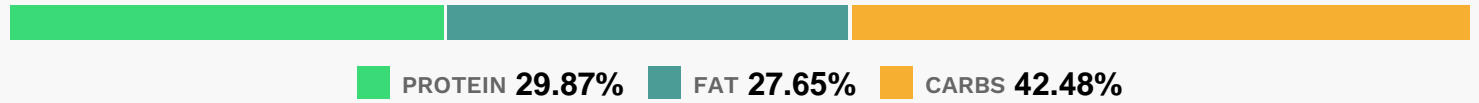
Add 3 chops; cook 3 min. or until done (145 F), turning after 1-1/2 min.

Remove from skillet; cover to keep warm. Repeat with remaining oil and chops.

Return chops to skillet; add barbecue sauce. Cook 2 min. or until chops are completely covered with sauce and sauce is heated through.

Fill rolls with chops and remaining ingredients.

# Nutrition Facts



# Properties

Glycemic Index:29.17, Glycemic Load:23.26, Inflammation Score:-7, Nutrition Score:21.206087319747%

# Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

# Nutrients (% of daily need)

Calories: 418.93kcal (20.95%), Fat: 12.66g (19.47%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 41.9g (15.24%), Sugar: 12.89g (14.33%), Cholesterol: 76.14mg (25.38%), Sodium: 614.41mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.76g (61.51%), Iron: 11.73mg (65.16%), Selenium: 37.96µg (54.23%), Vitamin B1: 0.78mg (51.84%), Vitamin K: 52.56µg (50.06%), Vitamin B3: 9.4mg (46.99%), Vitamin B6: 0.88mg (43.9%), Phosphorus: 280.62mg (28.06%), Vitamin A: 1189.87IU (23.8%), Potassium: 589.44mg (16.84%), Vitamin B2: 0.25mg (14.67%), Zinc: 1.91mg (12.77%), Magnesium: 43.31mg (10.83%), Vitamin B12: 0.6µg (10.02%), Manganese: 0.19mg (9.68%), Vitamin B5: 0.89mg (8.93%), Fiber: 1.83g (7.33%), Vitamin E: 1.06mg

(7.09%), Vitamin C: 5.76mg (6.99%), Folate: 23.01µg (5.75%), Copper: 0.11mg (5.51%), Calcium: 42.74mg (4.27%),  
Vitamin D: 0.45µg (3.02%)