



## BBQ Pulled Pork Grilled Cheese

♥♥ Popular

READY IN



15 min.

SERVINGS



1

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon bbq sauce to taste (or )
- ☐ 2 slices bread
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons coleslaw
- ☐ 0.5 cup barbequed pulled pork
- ☐ 2 slices cheddar shredded (or)

### Equipment

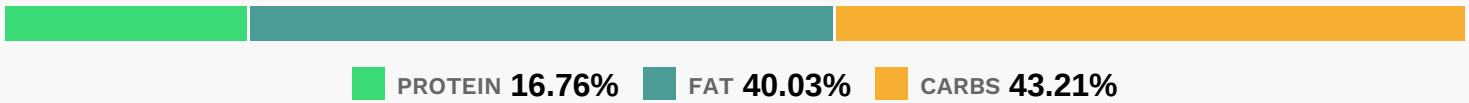
- ☐ frying pan

☐ grill

## Directions

☐ Heat a pan over medium heat. Butter one side of each slice of bread, place one slice in the pan with buttered side down, top with half of the cheese, the mixture of the pork and BBQ sauce, the coleslaw, the remaining cheese and finally the other slice of bread with buttered side up. Grill until golden brown on both sides and the cheese is melted, about 2–4 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:179.67, Glycemic Load:14.74, Inflammation Score:-5, Nutrition Score:11.747825998975%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 518.32kcal (25.92%), Fat: 23.33g (35.9%), Saturated Fat: 10.73g (67.08%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 53.53g (19.46%), Sugar: 27.22g (30.24%), Cholesterol: 82.97mg (27.66%), Sodium: 1258.59mg (54.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.98g (43.96%), Manganese: 0.74mg (36.85%), Vitamin K: 26.56µg (25.3%), Selenium: 17.15µg (24.5%), Iron: 3.34mg (18.54%), Vitamin B1: 0.25mg (16.9%), Vitamin B3: 3.31mg (16.55%), Calcium: 164.25mg (16.43%), Vitamin C: 13.17mg (15.96%), Folate: 61.51µg (15.38%), Fiber: 3.14g (12.55%), Vitamin A: 616.64IU (12.33%), Vitamin B2: 0.18mg (10.37%), Phosphorus: 95.95mg (9.59%), Magnesium: 29.6mg (7.4%), Vitamin B5: 0.57mg (5.74%), Vitamin B6: 0.11mg (5.69%), Copper: 0.1mg (5.09%), Zinc: 0.75mg (5.01%), Potassium: 174.74mg (4.99%), Vitamin E: 0.63mg (4.2%)