



Bobby's Sweet and Spicy Pork and Slaw Sandwich

READY IN



185 min.

SERVINGS



6

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 1 cup apple juice
- ☐ 3 tablespoons bbq sauce plus more for serving
- ☐ 2 teaspoons pepper black
- ☐ 1 tablespoon canola oil
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 6 servings coleslaw for serving
- ☐ 2 teaspoons brown sugar dark

- ☐ 6 servings pickle chips for serving
- ☐ 1 tablespoon ginger root fresh grated
- ☐ 1 tablespoon garlic chopped
- ☐ 6 hamburger buns whole-wheat
- ☐ 6 servings mustard for serving
- ☐ 3 pounds pork tenderloin
- ☐ 2 teaspoons salt
- ☐ 2 teaspoons paprika smoked

Equipment

- ☐ frying pan
- ☐ pot
- ☐ ziploc bags
- ☐ dutch oven
- ☐ cutting board

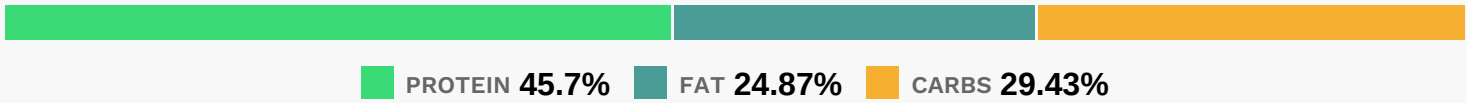
Directions

- ☐ Watch how to make this recipe.
- ☐ Mix together the paprika, black pepper, salt, brown sugar and cayenne pepper.
- ☐ Sprinkle the dry rub all over the pork tenderloins and place in a resealable plastic bag. Refrigerate for at least 2 hours, and then bring to room temperature before cooking.
- ☐ Cut each tenderloin into 2 or 3 large pieces.
- ☐ Heat the oil in a large soup pot or Dutch oven. Sear the pork on all sides in batches (you don't want to overcrowd the pan), 4 to 5 minutes. Cover with the apple juice, vinegar, BBQ sauce, garlic and ginger. Bring to a simmer over medium-high heat, and then cover and simmer for 30 minutes, turning occasionally.
- ☐ Transfer the pork to a clean cutting board and shred using 2 forks.
- ☐ Place the shredded pork back into the pot and continue to cook over medium-low heat, uncovered, just to heat through, 10 minutes longer.

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Serve on hamburger buns topped with BBQ sauce and coleslaw with mustard and pickles, if desired.

Nutrition Facts



Properties

Glycemic Index:57.13, Glycemic Load:15.08, Inflammation Score:-6, Nutrition Score:32.20521736145%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 465.96kcal (23.3%), Fat: 12.51g (19.25%), Saturated Fat: 3.28g (20.51%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 31.5g (11.46%), Sugar: 11.75g (13.06%), Cholesterol: 147.42mg (49.14%), Sodium: 1367.48mg (59.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.73g (103.46%), Vitamin B1: 2.49mg (166.29%), Selenium: 82.59µg (117.98%), Vitamin B6: 1.82mg (91.24%), Vitamin B3: 17.03mg (85.13%), Phosphorus: 614.01mg (61.4%), Vitamin B2: 0.93mg (54.61%), Zinc: 4.69mg (31.29%), Potassium: 1077.5mg (30.79%), Manganese: 0.49mg (24.59%), Iron: 4.18mg (23.23%), Vitamin B12: 1.27µg (21.09%), Magnesium: 81.88mg (20.47%), Vitamin B5: 2mg (19.95%), Copper: 0.29mg (14.52%), Folate: 43.29µg (10.82%), Calcium: 102.44mg (10.24%), Vitamin E: 1.39mg (9.25%), Vitamin A: 456.61IU (9.13%), Vitamin K: 8.86µg (8.43%), Fiber: 1.81g (7.25%), Vitamin D: 0.68µg (4.54%), Vitamin C: 2.27mg (2.75%)