



Chipotle-Glazed Pork Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider
- ☐ 1 small apples i use 2 granny smith apples peeled thinly sliced
- ☐ 2 tablespoons honey
- ☐ 0.3 teaspoon chipotle hot sauce
- ☐ 2 tablespoons chipotle hot sauce
- ☐ 1 pound pork tenderloin trimmed
- ☐ 2 teaspoons olive oil
- ☐ 1 large onion sliced

- ☐ 0.3 teaspoon salt
- ☐ 15 ounce hoagie rolls

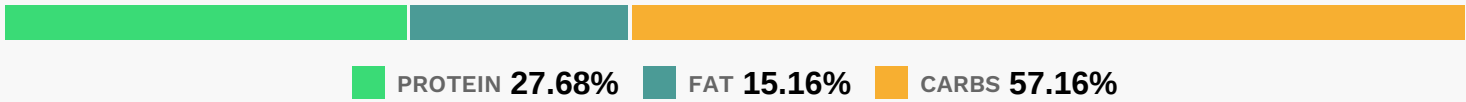
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Place pork in a heavy-duty zip-top plastic bag.
- ☐ Add 2 tablespoons hot sauce, honey, and apple cider. Seal bag, and gently shake to coat. Marinate in refrigerator at least 8 hours.
- ☐ Drain, reserving marinade.
- ☐ Heat oil in a large nonstick skillet.
- ☐ Add onion and apple; saut 6 to 8 minutes or until tender. Stir in 1/4 teaspoon hot sauce and salt.
- ☐ Prepare grill.
- ☐ Insert meat thermometer into thickest part of pork.
- ☐ Place pork on grill rack coated with cooking spray; grill 10 minutes on each side or until thermometer registers 16
- ☐ Remove from grill, and keep warm.
- ☐ Boil reserved marinade in a small saucepan 1 minute.
- ☐ Slice pork thinly, and place on bottom halves of rolls; top evenly with onion mixture and marinade. Cover with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:27.58, Inflammation Score:-2, Nutrition Score:13.746956537599%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 314.11kcal (15.71%), Fat: 5.26g (8.09%), Saturated Fat: 0.73g (4.58%), Carbohydrates: 44.63g (14.88%), Net Carbohydrates: 42.51g (15.46%), Sugar: 14.25g (15.83%), Cholesterol: 49.14mg (16.38%), Sodium: 549.65mg (23.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.61g (43.23%), Iron: 11.52mg (64%), Vitamin B1: 0.77mg (51.52%), Selenium: 23.47µg (33.53%), Vitamin B6: 0.64mg (31.86%), Vitamin B3: 5.13mg (25.64%), Phosphorus: 197.84mg (19.78%), Vitamin B2: 0.28mg (16.41%), Potassium: 379.91mg (10.85%), Zinc: 1.5mg (10.02%), Fiber: 2.12g (8.49%), Vitamin C: 6.44mg (7.8%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.39µg (6.43%), Magnesium: 24.77mg (6.19%), Copper: 0.09mg (4.45%), Manganese: 0.06mg (3.2%), Vitamin E: 0.41mg (2.76%), Calcium: 18.65mg (1.87%), Vitamin K: 1.56µg (1.48%), Folate: 5.91µg (1.48%), Vitamin D: 0.15µg (1.01%)