



Chipotle Pulled-Pork Barbecue Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



564 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 14.5 ounce canned tomatoes diced undrained canned
- 7 ounce chipotles in adobo canned
- 2 teaspoons thyme sprigs fresh chopped
- 1 teaspoon garlic powder
- 1.5 teaspoons ground cumin
- 1 pound pork tenderloins trimmed cut into 1/2-inch cubes
- 1 tablespoon olive oil
- 3 cups onion thinly sliced

- 3 ounce provolone cheese
- 15 ounce portugese rolls
- 1 teaspoon sugar
- 12 sandwich bread

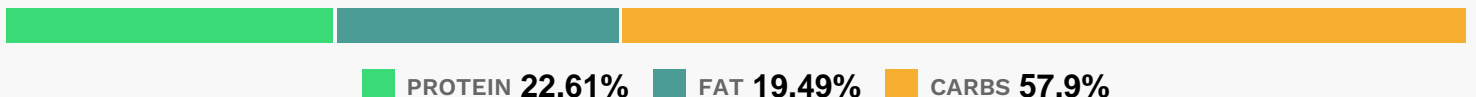
Equipment

- frying pan
- sauce pan

Directions

- Remove 1 chile from can; reserve remaining chiles and sauce for another use. Finely chop chile.
- Place chopped chile, barbecue sauce, and the next 4 ingredients (barbecue sauce through tomatoes) in a medium saucepan; bring to a boil over medium-high heat. Cover, reduce heat, and simmer 45 minutes, stirring occasionally. Uncover and cook 10 minutes or until sauce thickens and pork is very tender.
- Remove from heat.
- Remove pork from sauce; shred pork. Return pork to sauce.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add the onion, thyme, and sugar; cook 10 minutes or until golden, stirring occasionally.
- Heat a large nonstick skillet over medium heat.
- Place 1 cheese slice, 1/2 cup pork mixture, about 2 tablespoons onions, and 2 pickle slices on bottom half of each roll. Cover with top halves of rolls.
- Add 3 sandwiches to pan.
- Place a cast-iron or heavy skillet on top of sandwiches, and press gently to flatten. Cook 2 minutes on each side or until cheese melts and bread is toasted (leave cast-iron skillet on sandwiches while they cook). Repeat procedure with remaining sandwiches.

Nutrition Facts



Properties

Glycemic Index:60.81, Glycemic Load:44.11, Inflammation Score:-8, Nutrition Score:26.610434718754%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 563.96kcal (28.2%), Fat: 12.21g (18.79%), Saturated Fat: 3.76g (23.52%), Carbohydrates: 81.62g (27.21%), Net Carbohydrates: 73.14g (26.6%), Sugar: 20.33g (22.59%), Cholesterol: 58.92mg (19.64%), Sodium: 891.58mg (38.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.88g (63.76%), Iron: 15.54mg (86.36%), Vitamin B1: 1.11mg (73.82%), Selenium: 38.06µg (54.36%), Vitamin B6: 0.86mg (43.21%), Vitamin B3: 8.5mg (42.48%), Phosphorus: 366.31mg (36.63%), Fiber: 8.48g (33.92%), Manganese: 0.59mg (29.27%), Vitamin B2: 0.49mg (29.03%), Calcium: 276.23mg (27.62%), Potassium: 743.89mg (21.25%), Folate: 81.85µg (20.46%), Zinc: 2.72mg (18.13%), Vitamin C: 13.41mg (16.25%), Magnesium: 64.41mg (16.1%), Copper: 0.31mg (15.48%), Vitamin B5: 1.29mg (12.9%), Vitamin E: 1.63mg (10.88%), Vitamin B12: 0.59µg (9.88%), Vitamin A: 340.51IU (6.81%), Vitamin K: 6.01µg (5.72%), Vitamin D: 0.22µg (1.48%)