



Chutney-Pork Sandwiches

 Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon juice of lime
- 0.3 cup madeira wine
- 0.3 cup mango chutney
- 8 ounce onion rolls warmed
- 0.8 pound pork tenderloin cut into 1/4-inch-thick slices
- 1 large purple onion sliced cut in half and

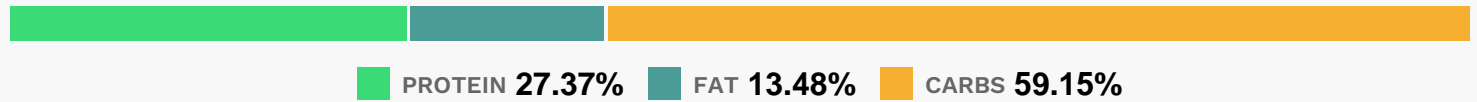
Equipment

- frying pan

Directions

- Coat a large nonstick skillet with cooking spray.
- Place over medium heat until hot.
- Add pork and onion; cook 10 minutes or until pork is browned and onion is crisp-tender, stirring often.
- Add chutney, wine, and lime juice. Cook over medium heat 6 minutes or until pork is tender. Spoon over bottom halves of rolls. Top with remaining roll halves.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:11.19, Inflammation Score:-4, Nutrition Score:14.908695527393%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 360.98kcal (18.05%), Fat: 5.18g (7.97%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 51.15g (17.05%), Net Carbohydrates: 48.93g (17.79%), Sugar: 17.95g (19.94%), Cholesterol: 55.28mg (18.43%), Sodium: 367.06mg (15.96%), Alcohol: 1.54g (100%), Alcohol %: 0.91% (100%), Protein: 23.67g (47.33%), Vitamin B1: 1.02mg (68.28%), Selenium: 26.49µg (37.85%), Vitamin B3: 7.39mg (36.93%), Vitamin B6: 0.7mg (34.91%), Vitamin B2: 0.47mg (27.4%), Phosphorus: 223.25mg (22.33%), Iron: 3.11mg (17.26%), Folate: 65.57µg (16.39%), Potassium: 411.24mg (11.75%), Zinc: 1.68mg (11.17%), Fiber: 2.21g (8.85%), Vitamin B5: 0.76mg (7.63%), Calcium: 75.67mg (7.57%), Vitamin B12: 0.44µg (7.37%), Magnesium: 28.65mg (7.16%), Vitamin C: 5.65mg (6.85%), Copper: 0.12mg (5.82%), Manganese: 0.08mg (3.85%), Vitamin D: 0.26µg (1.7%), Vitamin E: 0.23mg (1.57%)