



Easy Barbecue Sliders

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings barbecue sauce
- ☐ 10 servings coleslaw mix
- ☐ 1.5 pounds fatty pork shredded
- ☐ 24 oz portugese rolls split french

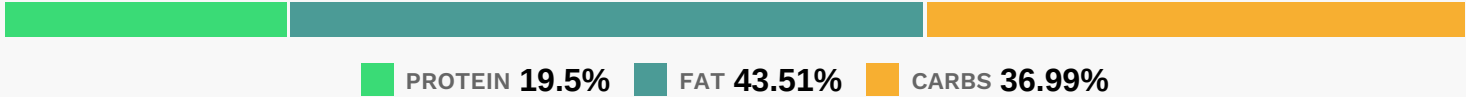
Equipment

- ☐ oven

Directions

- ☐ Bake rolls according to package directions.
- ☐ Serve barbecued pork on rolls with barbecue sauce and coleslaw.
- ☐ Note: We tested with Pepperidge Farm Hot & Crusty French
- ☐ Rolls.

Nutrition Facts



Properties

Glycemic Index:11.7, Glycemic Load:22.02, Inflammation Score:-1, Nutrition Score:9.08652168237%

Nutrients (% of daily need)

Calories: 346.93kcal (17.35%), Fat: 16.53g (25.44%), Saturated Fat: 5.36g (33.47%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 30.57g (11.12%), Sugar: 4.51g (5.02%), Cholesterol: 48.99mg (16.33%), Sodium: 328.9mg (14.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.35%), Iron: 10.82mg (60.09%), Vitamin B1: 0.5mg (33.26%), Selenium: 16.75µg (23.93%), Vitamin B3: 2.96mg (14.8%), Vitamin B6: 0.26mg (13.13%), Phosphorus: 119.53mg (11.95%), Zinc: 1.5mg (10%), Vitamin B2: 0.16mg (9.46%), Vitamin B12: 0.48µg (7.94%), Potassium: 199.29mg (5.69%), Vitamin B5: 0.46mg (4.58%), Fiber: 1.05g (4.22%), Magnesium: 13.18mg (3.29%), Calcium: 16.38mg (1.64%), Copper: 0.03mg (1.58%), Vitamin C: 0.85mg (1.03%)