



Grilled Pork Sliders with Honey BBQ Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bottled barbecue sauce (such as Sticky Fingers Memphis Original)
- 2 tablespoons rum dark (such as Myers's)
- 2 tablespoons honey
- 1 pound pork tenderloin trimmed
- 7.2 ounce wheat hamburger buns white

Equipment

- sauce pan
- grill

kitchen thermometer

Directions

Prepare grill.

Combine barbecue sauce, rum, and honey in a medium saucepan; bring to a boil. Cook 2 minutes or until reduced to 1/2 cup. Reserve 1/4 cup sauce for serving. Use remaining 1/4 cup sauce for basting.

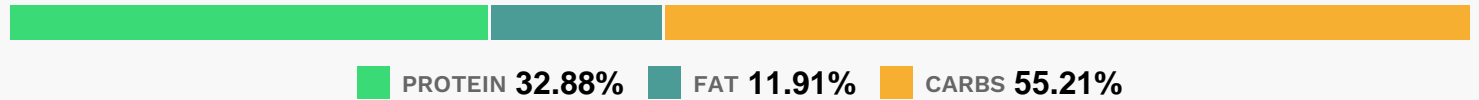
Place pork on grill rack coated with cooking spray; grill 8 minutes. Turn and baste pork with sauce; cook 8 minutes. Turn and baste with sauce. Cook 4 minutes or until a thermometer registers 160 (slightly pink).

Let stand 5 minutes; cut into thin slices.

Place buns, cut sides down, on grill rack; toast 1 minute.

Place 3 ounces pork on bottom half of each bun. Spoon 1 tablespoon sauce over each serving; top with remaining halves of buns.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:19.79, Inflammation Score:-4, Nutrition Score:20.853043732436%

Nutrients (% of daily need)

Calories: 376.71kcal (18.84%), Fat: 4.68g (7.2%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 47.54g (17.29%), Sugar: 24.2g (26.89%), Cholesterol: 73.71mg (24.57%), Sodium: 680.91mg (29.6%), Alcohol: 2.51g (100%), Alcohol %: 1.46% (100%), Protein: 29.07g (58.13%), Vitamin B1: 1.42mg (94.5%), Selenium: 49.36µg (70.51%), Vitamin B3: 9.94mg (49.7%), Vitamin B6: 0.94mg (47.13%), Phosphorus: 339.5mg (33.95%), Vitamin B2: 0.56mg (33.16%), Manganese: 0.35mg (17.7%), Iron: 3.14mg (17.43%), Zinc: 2.6mg (17.35%), Potassium: 603.26mg (17.24%), Folate: 48.89µg (12.22%), Magnesium: 47.21mg (11.8%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 1.03mg (10.25%), Copper: 0.19mg (9.44%), Calcium: 91.58mg (9.16%), Fiber: 1.26g (5.05%), Vitamin E: 0.67mg (4.49%), Vitamin K: 3.09µg (2.95%), Vitamin A: 80.59IU (1.61%), Vitamin D: 0.23µg (1.51%), Vitamin C: 0.93mg (1.13%)