



## Hawaiian BBQ Pork Sliders

READY IN



20 min.

SERVINGS



20

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup honey barbecue sauce sweet kraft
- 3 cups coleslaw blend (cabbage slaw mix)
- 12 oz hawaiian rolls sweet (12 rolls)
- 0.3 cup mayo homestyle real mayonnaise kraft
- 8 oz pineapple in juice crushed undrained canned
- 11.5 oz oscar mayer carving board & spicy seasoned pulled pork sweet
- 0.3 cup onions red finely chopped
- 0.3 cup unseasoned rice vinegar

## Equipment

- bowl
- sauce pan

## Directions

- Drain pineapple, reserving juice; set juice aside.
- Place pineapple in large bowl.
- Add coleslaw blend and onions; mix lightly.
- Mix mayo and vinegar until blended.
- Add to coleslaw mixture; toss to evenly coat.
- Mix reserved pineapple juice and barbecue sauce in medium saucepan.
- Add meat; cook on medium heat 5 min. or until heated through, stirring frequently.
- Fill rolls with meat mixture and coleslaw.

## Nutrition Facts



## Properties

Glycemic Index:8.55, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.6856521538094%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 126.39kcal (6.32%), Fat: 4.56g (7.01%), Saturated Fat: 1.31g (8.22%), Carbohydrates: 17.42g (5.81%), Net Carbohydrates: 16.92g (6.15%), Sugar: 9.21g (10.23%), Cholesterol: 14.14mg (4.71%), Sodium: 241.76mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.31%), Vitamin K: 12.76µg (12.15%), Vitamin C: 5.39mg (6.54%), Fiber: 0.51g (2.03%), Calcium: 17.4mg (1.74%), Iron: 0.28mg (1.58%), Manganese: 0.03mg (1.52%), Potassium: 52.04mg (1.49%), Vitamin B6: 0.03mg (1.48%), Folate: 5.74µg (1.44%), Vitamin B1: 0.02mg (1.39%),

Vitamin A: 58.29IU (1.17%), Vitamin E: 0.17mg (1.12%), Magnesium: 4.15mg (1.04%), Copper: 0.02mg (1.04%)