

health-score 53%

HEALTH SCORE

Hoosier Pork-Tenderloin Sandwich

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

964 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 4 half-sour dill pickles thinly sliced
- ☐ 2 large eggs
- ☐ 2 cups flour instant such as Wondra
- ☐ 2 cloves garlic crushed
- ☐ 4 hamburger buns split soft
- ☐ 0.5 head iceberg lettuce shredded
- ☐ 4 servings kosher salt and pepper black freshly ground

- ☐ 0.3 cup mayonnaise
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 2 pounds center-cut pork loin boneless
- ☐ 1 onion red thinly sliced
- ☐ 2 sleeves saltines 80 crackers
- ☐ 2 tomatoes thinly sliced
- ☐ 3 tablespoons mustard yellow

Equipment

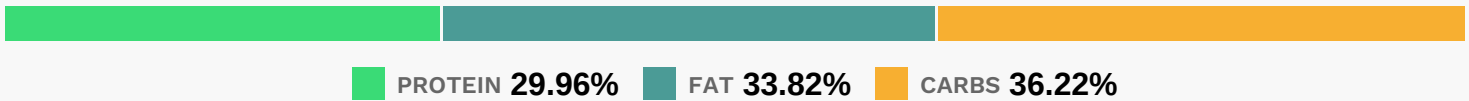
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ cutting board

Directions

- ☐ Cut the pork crosswise into 4 equal pieces. Put each piece flat on a cutting board and slice horizontally almost in half (stop about 1 inch from the other side). Open like a book.
- ☐ Sprinkle each piece with water, place between 2 pieces of heavy-duty plastic wrap and pound to 1/4 inch thick with a mallet or heavy skillet.
- ☐ Whisk the eggs, buttermilk, garlic, 1 teaspoon each salt and black pepper, and the cayenne in a shallow bowl.
- ☐ Add the pork, cover and refrigerate at least 4 hours or overnight.
- ☐ Pulse the crackers into coarse crumbs in a food processor, then transfer to a shallow dish.
- ☐ Put the flour in another dish.
- ☐ Remove each piece of pork from the marinade, letting the excess drip off. Dredge both sides in the flour, dip in the buttermilk marinade again, then coat with the cracker crumbs.

- ☐ Heat 1/4 to 1/2 inch peanut oil in a large heavy-bottomed skillet over medium-high heat until a deep-fry thermometer registers 36
- ☐ Fry the pork in batches until golden and cooked through, about 3 minutes per side.
- ☐ Drain on paper towels.
- ☐ Spread both halves of each bun with mayonnaise and mustard.
- ☐ Layer the lettuce, tomatoes and onion on the bottom halves.
- ☐ Add a piece of pork and a few pickle slices. Cover with the bun tops.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:110.25, Glycemic Load:51.03, Inflammation Score:-9, Nutrition Score:47.805652203767%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 963.99kcal (48.2%), Fat: 35.68g (54.89%), Saturated Fat: 9.16g (57.26%), Carbohydrates: 85.97g (28.66%), Net Carbohydrates: 80.23g (29.17%), Sugar: 14.5g (16.12%), Cholesterol: 256.92mg (85.64%), Sodium: 1279.12mg (55.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.12g (142.24%), Selenium: 112.66µg (160.95%), Vitamin B1: 1.93mg (128.4%), Vitamin B6: 2.02mg (100.88%), Vitamin B3: 19.38mg (96.88%), Phosphorus: 839.75mg (83.98%), Vitamin B2: 1.28mg (75.03%), Vitamin K: 66.1µg (62.95%), Folate: 215.66µg (53.91%), Manganese: 1.01mg (50.66%), Potassium: 1550.51mg (44.3%), Zinc: 6.07mg (40.46%), Iron: 7.07mg (39.28%), Vitamin B12: 2.04µg (34.02%), Magnesium: 123.06mg (30.76%), Vitamin B5: 3.07mg (30.68%), Calcium: 306.55mg (30.65%), Vitamin A: 1376.28IU (27.53%), Fiber: 5.74g (22.97%), Copper: 0.42mg (20.87%), Vitamin D: 3µg (20.03%), Vitamin C: 14.88mg (18.04%), Vitamin E: 2.48mg (16.53%)