



## Midwestern Pork Tenderloin Sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



507 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 1 pound pork loin boneless
- 1 cup flour
- 1 teaspoon salt
- 4 large sandwich rolls
- 0.5 cup cornmeal yellow

### Equipment

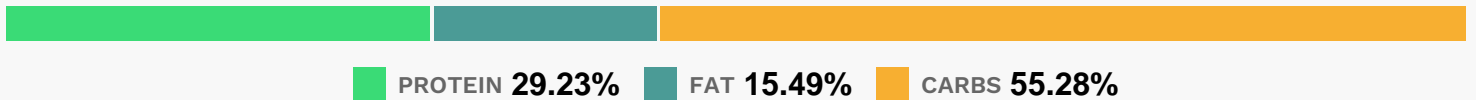
- frying pan

- paper towels
- plastic wrap
- meat tenderizer
- cleaver

## Directions

- Cut 4 1-inch slices of pork. Trim any exterior fat from edges and butterfly each slice by cutting horizontally through the middle almost to the edge so that the halves are connected by only a thin piece of meat. Put each butterflied slice between pieces of plastic wrap. Using a wooden meat mallet, or the side of a cleaver, pound vigorously until the slice is about 10 inches across.
- Mix together flour, cornmeal, salt and black pepper.
- Heat 1/2 inch of oil in a deep, wide skillet to 365 degrees F. Dip each slice of pork in water, then in flour mixture. Fry tenderloin, turning once, until golden brown on both sides, about 5 minutes total.
- Drain on paper towels and season to taste with salt and pepper.
- Serve on buns with desired condiments (mustard, mayonnaise, dill pickle chips, ketchup, sliced onion, lettuce).

## Nutrition Facts



## Properties

Glycemic Index:43.88, Glycemic Load:25.93, Inflammation Score:-6, Nutrition Score:24.183912985918%

## Nutrients (% of daily need)

Calories: 507.39kcal (25.37%), Fat: 8.54g (13.14%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 68.53g (22.84%), Net Carbohydrates: 64.45g (23.44%), Sugar: 1.4g (1.56%), Cholesterol: 71.44mg (23.81%), Sodium: 948.48mg (41.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.24g (72.49%), Selenium: 65.5µg (93.57%), Vitamin B1: 1.08mg (72%), Vitamin B3: 11.27mg (56.35%), Vitamin B6: 1.01mg (50.39%), Phosphorus: 391.01mg (39.1%), Vitamin B2: 0.58mg (33.93%), Manganese: 0.64mg (32.2%), Folate: 118.14µg (29.53%), Iron: 4.56mg (25.31%), Zinc: 3.42mg (22.78%), Magnesium: 73.46mg (18.36%), Potassium: 586.55mg (16.76%), Fiber: 4.09g (16.34%), Vitamin B5: 1.34mg (13.37%), Copper: 0.26mg (12.78%), Vitamin B12: 0.58µg (9.64%), Calcium: 67.17mg (6.72%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.45µg (3.02%)