



Mini Pork Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bunches arugula
- ☐ 1.5 tablespoons peppercorns black crushed
- ☐ 1 tablespoon brandy
- ☐ 3 tablespoons capers chopped
- ☐ 0.5 cup dijon mustard
- ☐ 40 small dinner rolls with pepperidge farm country-style soft dinner rolls)
- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 1 clove garlic minced

- ☐ 2 tablespoons horseradish prepared
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 40 servings toppings: such as pickles sweet thinly sliced
- ☐ 3 pounds pork tenderloin
- ☐ 1 teaspoon salt

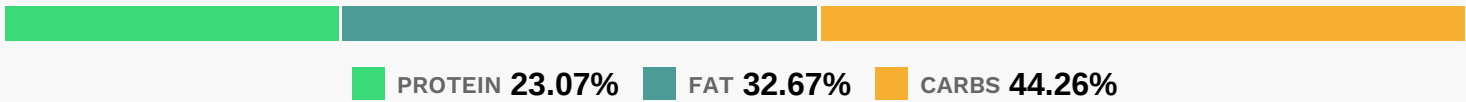
Equipment

- ☐ bowl
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler pan

Directions

- ☐ Combine rosemary, crushed peppercorns, and salt. Rub mixture over tenderloins. Fold thin end under each tenderloin; secure with wooden picks.
- ☐ Place tenderloins on a lightly greased rack in a broiler pan.
- ☐ Drizzle with olive oil.
- ☐ Bake at 375 for 25 to 30 minutes or until a meat thermometer inserted in thickest part registers 160 (medium).
- ☐ Let stand 5 minutes. Thinly slice tenderloins.
- ☐ Combine mayonnaise and next 3 ingredients.
- ☐ Combine mustard and capers. Spoon sauces into separate serving bowls.
- ☐ Serve pork with sauces, arugula, gherkins, and rolls for making do-it-yourself sandwiches.

Nutrition Facts



Properties

Glycemic Index:5.65, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:12.223478141038%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 196.39kcal (9.82%), Fat: 7.14g (10.98%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 19.14g (6.96%), Sugar: 1.72g (1.91%), Cholesterol: 23.29mg (7.76%), Sodium: 899.02mg (39.09%), Alcohol: 0.13g (100%), Alcohol %: 0.1% (100%), Protein: 11.34g (22.67%), Vitamin B1: 0.56mg (37.27%), Selenium: 25.69µg (36.69%), Manganese: 0.55mg (27.46%), Vitamin B3: 4.11mg (20.54%), Vitamin K: 20.96µg (19.97%), Vitamin B2: 0.28mg (16.24%), Vitamin B6: 0.32mg (16.13%), Phosphorus: 144.29mg (14.43%), Calcium: 122.34mg (12.23%), Iron: 2.16mg (12.03%), Fiber: 2.62g (10.47%), Folate: 34.84µg (8.71%), Magnesium: 33.22mg (8.3%), Potassium: 279.66mg (7.99%), Zinc: 1.15mg (7.65%), Copper: 0.13mg (6.25%), Vitamin B5: 0.51mg (5.08%), Vitamin A: 196.52IU (3.93%), Vitamin E: 0.53mg (3.55%), Vitamin B12: 0.18µg (3%), Vitamin C: 2.06mg (2.5%)