



Philadelphia Style Roast Pork Sandwiches

 Very Healthy

READY IN



135 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup chicken stock see
- ☐ 4 crusty rolls
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 3 tablespoons rosemary fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 4 juice of lemon juiced
- ☐ 1 tablespoon kosher salt

- ☐ 1 cup manchego cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 3 pound pork shoulder roast
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon salt
- ☐ 12 ounces pkt spinach fresh
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer

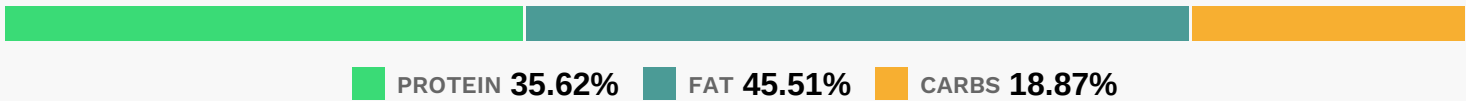
Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Remove the netting or strings on pork roast, keeping them intact to use again.
- ☐ Combine rosemary, 3 cloves of garlic, parsley, 3 teaspoons of olive oil, 1 tablespoon kosher salt, and 1 tablespoon freshly ground black pepper in a bowl. Slice open the pork roast and spread it with the oil and herb mixture.
- ☐ Roll up the pork and secure it with the netting or string. Rub outside of the roast with remaining 1 teaspoon olive oil and salt and pepper to taste.
- ☐ Place the pork, fat side up, in a roasting pan or baking dish and pour in water.
- ☐ Bake in the preheated oven, basting occasionally, about 1 1/2 to 2 hours; add more water if necessary. An instant-read thermometer inserted into the meat should read at least 145 degrees F (63 degrees C). Allow the roast to rest 10 to 15 minutes. Reserve the pan juices.
- ☐ While the pork is resting, heat 1 tablespoon olive oil in a frying pan over medium heat. Stir in 2 cloves chopped garlic and red pepper flakes; cook and stir until garlic is fragrant but not

brown, about 3 minutes.

- ☐ Pour in chicken stock and bring it to a boil.
- ☐ Add spinach, 1 teaspoon salt, 1/2 teaspoon black pepper, and lemon juice. Reduce the heat to medium-low and cook until the spinach is wilted, stirring occasionally.
- ☐ Cut the string on the roast and cut the pork into thin slices. Return the sliced pork to the reserved pan juices.
- ☐ Slice the sandwich rolls and sprinkle each roll with shredded Manchego cheese.
- ☐ Add pork slices to each sandwich, top with spinach, and serve.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.59, Inflammation Score:-10, Nutrition Score:47.681739060775%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg, Kaempferol: 5.47mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg, Quercetin: 3.52mg

Nutrients (% of daily need)

Calories: 621.94kcal (31.1%), Fat: 31.18g (47.97%), Saturated Fat: 13.3g (83.15%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.25g (9.18%), Sugar: 1.78g (1.98%), Cholesterol: 170.16mg (56.72%), Sodium: 3021.38mg (131.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.92g (109.84%), Vitamin K: 463.62µg (441.55%), Vitamin A: 8517.74IU (170.35%), Vitamin B1: 2.15mg (143.36%), Selenium: 75.04µg (107.2%), Vitamin B3: 11.95mg (59.77%), Folate: 237.81µg (59.45%), Vitamin B2: 0.98mg (57.71%), Manganese: 1.12mg (55.91%), Vitamin B6: 1.11mg (55.41%), Phosphorus: 513.65mg (51.37%), Vitamin C: 42.02mg (50.93%), Zinc: 7.5mg (50%), Calcium: 474.15mg (47.41%), Potassium: 1335mg (38.14%), Iron: 6.51mg (36.15%), Magnesium: 127.06mg (31.76%), Vitamin B12: 1.74µg (29.05%), Copper: 0.42mg (21.07%), Vitamin B5: 2.03mg (20.33%), Vitamin E: 2.54mg (16.9%), Fiber: 3.83g (15.32%)