



Po' Boy Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



999 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

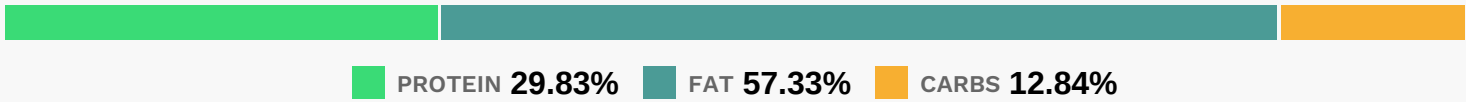
- ☐ 1 bunch arugula washed and dried
- ☐ 5 roasted baby back pork ribs
- ☐ 1 baguette cut into 4 pieces
- ☐ 0.5 cup kalamata black pitted roughly chopped
- ☐ 0.3 cup olive pesto green

Equipment

Directions

- ☐ Remove the meat from the ribs and shred it with your fingers. Slice each baguette piece in half horizontally.
- ☐ Spread one side of a baguette half with some pesto and layer on some arugula and black olives. Top with some shredded pork and place the other baguette half on top.

Nutrition Facts



Properties

Glycemic Index:25.94, Glycemic Load:20.81, Inflammation Score:-8, Nutrition Score:40.227826222129%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg, Kaempferol: 9.86mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 999.44kcal (49.97%), Fat: 63.63g (97.9%), Saturated Fat: 21.37g (133.57%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 29.47g (10.71%), Sugar: 3.65g (4.05%), Cholesterol: 244.52mg (81.51%), Sodium: 1097.06mg (47.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.5g (149%), Selenium: 119.86µg (171.22%), Vitamin B3: 27mg (134.98%), Vitamin B1: 2mg (133.4%), Vitamin B6: 1.59mg (79.45%), Vitamin B2: 1.31mg (76.91%), Zinc: 9.64mg (64.25%), Phosphorus: 620.82mg (62.08%), Vitamin B12: 1.98µg (33.08%), Vitamin B5: 3.26mg (32.64%), Vitamin K: 33.02µg (31.45%), Potassium: 1067.68mg (30.51%), Iron: 5.39mg (29.92%), Vitamin D: 3.9µg (25.99%), Folate: 95.04µg (23.76%), Calcium: 233.84mg (23.38%), Copper: 0.45mg (22.5%), Magnesium: 89.01mg (22.25%), Manganese: 0.41mg (20.45%), Vitamin A: 847.81IU (16.96%), Vitamin E: 2.12mg (14.12%), Fiber: 2.6g (10.4%), Vitamin C: 4.24mg (5.14%)