

Pork BLT Sliders

READY IN



50 min.

SERVINGS



16

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound pork loin roast
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon paprika smoked
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 serving dijon remoudade
- ☐ 1 cup mayonnaise
- ☐ 3 tablespoons dijon

- ☐ 3 tablespoons dill pickle relish
- ☐ 0.8 teaspoon garlic salt
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 14 hawaiian rolls sweet split ()
- ☐ 2 cups arugula leaves
- ☐ 14 slices roma tomatoes thick ()
- ☐ 14 slices crisped bacon cooked

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees and place pork tenderloin onto a large sheet of parchment paper.
- ☐ Place cumin, paprika, black pepper, salt and thyme into a small bowl, mixing to combine. Rub spices all over pork tenderloin.
- ☐ Place tenderloin onto a large rimmed baking sheet and bake for 30–35 minutes or until pork reaches at least 145 degrees
- ☐ Remove from oven and cover with foil for 10 minutes to rest. Slice pork on the bias into ¼ inch slices.
- ☐ Place mayonnaise, Dijon, relish, salt and pepper into a medium bowl, stirring to combine.
- ☐ Spread on insides of sweet rolls.
- ☐ Layer 1–2 slices of pork tenderloin on bottom rolls, then top with arugula, a tomato slice and a slice of bacon broken in half. Close sandwich and serve.

Nutrition Facts



 **PROTEIN 15.97%**  **FAT 64.48%**  **CARBS 19.55%**

Properties

Glycemic Index:16.75, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:6.0182608780654%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 296.94kcal (14.85%), Fat: 21.16g (32.56%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 14.44g (4.81%), Net Carbohydrates: 14.13g (5.14%), Sugar: 3.67g (4.08%), Cholesterol: 45.02mg (15.01%), Sodium: 551.38mg (23.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.59%), Vitamin K: 26.51µg (25.24%), Selenium: 13.13µg (18.76%), Vitamin B6: 0.27mg (13.69%), Vitamin B1: 0.19mg (12.63%), Vitamin B3: 2.46mg (12.3%), Phosphorus: 101.27mg (10.13%), Zinc: 0.81mg (5.38%), Potassium: 170.03mg (4.86%), Vitamin B2: 0.08mg (4.6%), Vitamin B12: 0.26µg (4.29%), Vitamin E: 0.63mg (4.2%), Vitamin B5: 0.37mg (3.67%), Magnesium: 13.81mg (3.45%), Iron: 0.5mg (2.75%), Manganese: 0.05mg (2.67%), Vitamin A: 123.37IU (2.47%), Copper: 0.04mg (1.88%), Vitamin D: 0.22µg (1.46%), Fiber: 0.31g (1.23%), Calcium: 11.82mg (1.18%)