



Pork & slaw sandwiches

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pork chops well (see 'Goes with...')
- ☐ 4 servings celery root well (see 'Goes with...')
- ☐ 4 servings coarse mustard for spreading
- ☐ 4 hawaiian rolls toasted halved

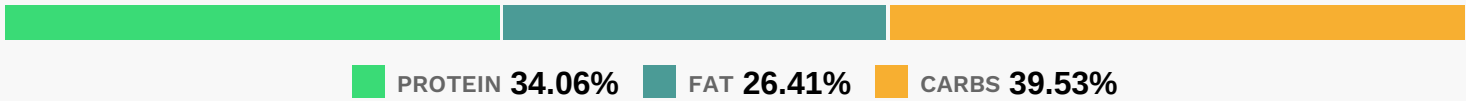
Equipment

- ☐ oven
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ If youre eating lunch at home, gently heat the meat in a microwave for a few mins, or wrap in foil and bake at 200C/180C fan/gas 6 for 8 mins. If youre assembling packed lunches, theres no need to heat. Thinly slice the pork.
- ☐ Spread some mustard over the bun bottoms, then add the pork and a heap of slaw. Top with bun tops, wrap and keep cool until lunchtime or eat straight away.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:12.92, Inflammation Score:-3, Nutrition Score:12.525652157224%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg

Nutrients (% of daily need)

Calories: 227.29kcal (11.36%), Fat: 6.5g (10%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 20.89g (7.6%), Sugar: 3.22g (3.57%), Cholesterol: 44.89mg (14.96%), Sodium: 300.58mg (13.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.87g (37.73%), Selenium: 35.58µg (50.83%), Vitamin B1: 0.69mg (46.02%), Vitamin B3: 7.18mg (35.92%), Vitamin B6: 0.52mg (25.93%), Phosphorus: 201.4mg (20.14%), Vitamin B2: 0.26mg (15.03%), Manganese: 0.26mg (13.25%), Iron: 1.9mg (10.54%), Folate: 40.85µg (10.21%), Zinc: 1.39mg (9.25%), Potassium: 312.87mg (8.94%), Magnesium: 29.91mg (7.48%), Vitamin B12: 0.44µg (7.35%), Calcium: 70.19mg (7.02%), Vitamin B5: 0.51mg (5.06%), Copper: 0.09mg (4.44%), Fiber: 1.01g (4.03%), Vitamin K: 2.55µg (2.43%), Vitamin D: 0.27µg (1.79%), Vitamin E: 0.22mg (1.5%)