



Pork Tenderloin Sandwich

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cooking oil divided
- ☐ 8 slices dill pickles
- ☐ 1 tablespoon parsley dried
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)

- ☐ 4 the of 1 cos lettuce
- ☐ 5 ounce slider buns toasted
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ measuring cup
- ☐ meat tenderizer

Directions

- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour in a shallow bowl.
- ☐ Combine 1 tablespoon water and egg in a second shallow bowl, stirring with a whisk.
- ☐ Combine breadcrumbs and parsley in a third shallow bowl.
- ☐ Cut pork crosswise into 4 pieces.
- ☐ Place pieces between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle both sides of pork evenly with salt.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 2 tablespoons oil to pan; swirl to coat. Dredge half of pork in flour; dip in egg mixture, and dredge in breadcrumb mixture. Cook pork in hot oil 3 minutes on each side or until tender. Repeat procedure with remaining oil and pork.
- ☐ Place 1 lettuce leaf on each bun bottom. Top each with 1 piece of pork and 2 pickle slices; add ranch dressing, mustard, ketchup, or chopped onions, if desired. Cover with bun top.

Nutrition Facts



 **PROTEIN 27.36%**  **FAT 40.33%**  **CARBS 32.31%**

Properties

Glycemic Index:18.75, Glycemic Load:4.31, Inflammation Score:0, Nutrition Score:32.663043509359%

Flavonoids

Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg, Apigenin: 22.52mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 470.13kcal (23.51%), Fat: 21.04g (32.37%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 32.12g (11.68%), Sugar: 7.62g (8.46%), Cholesterol: 120.21mg (40.07%), Sodium: 2815.19mg (122.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.12g (64.24%), Vitamin B1: 1.47mg (98.24%), Vitamin K: 98.36µg (93.68%), Selenium: 44.43µg (63.47%), Vitamin A: 3083.29IU (61.67%), Vitamin B6: 1.05mg (52.5%), Vitamin B3: 9.27mg (46.36%), Vitamin B2: 0.74mg (43.31%), Phosphorus: 392.02mg (39.2%), Potassium: 929.92mg (26.57%), Calcium: 241.78mg (24.18%), Folate: 95.99µg (24%), Iron: 4.22mg (23.47%), Fiber: 5.81g (23.26%), Vitamin E: 3.3mg (21.98%), Manganese: 0.42mg (20.79%), Zinc: 2.96mg (19.7%), Magnesium: 66.33mg (16.58%), Vitamin B5: 1.45mg (14.47%), Copper: 0.25mg (12.48%), Vitamin B12: 0.73µg (12.15%), Vitamin C: 8.26mg (10.01%), Vitamin D: 0.48µg (3.18%)