



Pork Tenderloin Sandwiches with Bourbon Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 36 servings bourbon sauce
- ☐ 1 tablespoon rosemary dried
- ☐ 3 garlic cloves
- ☐ 0.3 cup vegetable oil; peanut oil preferred
- ☐ 1.5 pound pork tenderloins
- ☐ 1 teaspoon greek seasoning

- ☐ 1 tablespoon worcestershire sauce
- ☐ 36 yeast rolls split

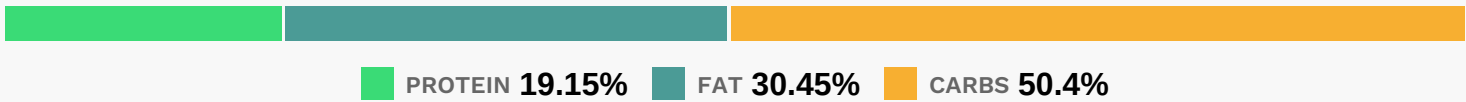
Equipment

- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Cut several small slits in pork; stuff garlic into slits.
- ☐ Combine oil and next 4 ingredients in a shallow dish; add pork. Cover and chill 2 hours, turning occasionally.
- ☐ Bake at 325 for 55 minutes or until a meat thermometer inserted into thickest portion registers 16
- ☐ Remove from oven; cool.
- ☐ Cut into 1/4-inch-thick slices.
- ☐ Pour Bourbon Sauce over pork; cover and chill 8 hours.
- ☐ Serve pork on split rolls.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:7.8986956473926%

Nutrients (% of daily need)

Calories: 197.53kcal (9.88%), Fat: 5.39g (8.29%), Saturated Fat: 1.21g (7.58%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 18.36g (6.68%), Sugar: 0.76g (0.84%), Cholesterol: 12.28mg (4.09%), Sodium: 241.56mg (10.5%), Alcohol: 5.57g (100%), Alcohol %: 8.66% (100%), Protein: 7.63g (15.26%), Selenium: 19.96µg (28.52%), Vitamin B1: 0.37mg (24.94%), Manganese: 0.46mg (22.88%), Vitamin B3: 3.01mg (15.07%), Vitamin B2: 0.18mg (10.8%), Iron: 1.81mg (10.07%), Phosphorus: 92.22mg (9.22%), Vitamin B6: 0.18mg (9.15%), Calcium: 80.67mg (8.07%), Fiber: 1.72g (6.88%), Folate: 26.34µg (6.59%), Magnesium: 21.2mg (5.3%), Zinc: 0.76mg (5.04%), Copper: 0.09mg (4.38%), Potassium: 131.1mg (3.75%), Vitamin E: 0.54mg (3.57%), Vitamin B5: 0.32mg (3.17%), Vitamin K: 2.04µg (1.94%), Vitamin B12: 0.1µg (1.64%)