



Pulled Pork & Red Onion Melt

READY IN



15 min.

SERVINGS



4

CALORIES



349 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp original barbecue sauce kraft
- 8 slices bread italian (1/)
- 4 singles kraft
- 0.3 cup onions red thinly sliced
- 0.5 cup fatty pork shredded cooked
- 2 Tbsp butter unsalted softened

Equipment

- frying pan

Directions

- Combine meat and barbecue sauce. Fill bread slices with meat mixture, Singles and onions to make 4 sandwiches.
- Spread outsides of sandwiches with butter.
- Cook in skillet on medium heat 4 min. on each side or until sandwiches are golden brown on both sides.

Nutrition Facts

PROTEIN 8.45% **FAT 56.62%** **CARBS 34.93%**

Properties

Glycemic Index:6.75, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:2.7147826040569%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 348.92kcal (17.45%), Fat: 22.11g (34.01%), Saturated Fat: 12.03g (75.18%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 29.04g (10.56%), Sugar: 19.99g (22.21%), Cholesterol: 28.14mg (9.38%), Sodium: 426.37mg (18.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.85%), Vitamin B3: 1.87mg (9.33%), Folate: 27.48µg (6.87%), Fiber: 1.65g (6.59%), Iron: 1.18mg (6.57%), Vitamin A: 262.69IU (5.25%), Vitamin B1: 0.06mg (4.19%), Potassium: 125.18mg (3.58%), Phosphorus: 30.33mg (3.03%), Calcium: 28.72mg (2.87%), Vitamin B2: 0.05mg (2.86%), Magnesium: 9.05mg (2.26%), Vitamin C: 1.33mg (1.61%), Vitamin E: 0.23mg (1.56%), Manganese: 0.02mg (1.19%)