



Quick BBQ Pork Sandwiches

 Dairy Free

READY IN



21 min.

SERVINGS



21

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 4 lettuce leaves
- 4 slices onion
- 1 lb pork chops boneless
- 4 kaiser rolls split
- 1 large tomatoes cut into 4 slices

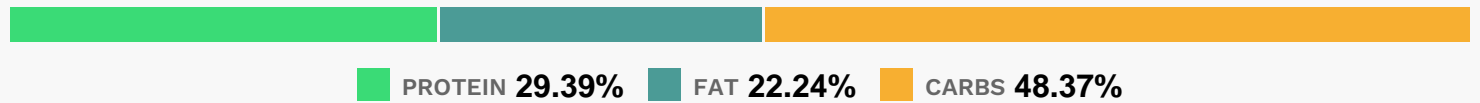
Equipment

- grill

Directions

- Heat grill to medium heat.
- Reserve 1/4 cup barbecue sauce for spreading onto rolls; set aside.
- Place chops on grill; brush lightly with some of the remaining barbecue sauce. Grill 6 to 8 min. on each side or until done (160F), brushing occasionally with remaining barbecue sauce and adding onions to the grill for the last 4 min., turning after 2 min.
- Spread rolls with reserved sauce; fill with chops, onions, lettuce and tomatoes.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:4.52, Inflammation Score:-3, Nutrition Score:3.9917391072149%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 81.5kcal (4.08%), Fat: 1.98g (3.05%), Saturated Fat: 0.54g (3.35%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 9.24g (3.36%), Sugar: 3.47g (3.86%), Cholesterol: 14.47mg (4.82%), Sodium: 138.04mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Iron: 2.25mg (12.5%), Selenium: 7.28µg (10.4%), Vitamin B1: 0.15mg (10.31%), Vitamin B3: 1.84mg (9.19%), Vitamin B6: 0.18mg (8.83%), Vitamin A: 426.83IU (8.54%), Phosphorus: 54.36mg (5.44%), Potassium: 129.67mg (3.7%), Vitamin B2: 0.05mg (2.98%), Vitamin C: 2.25mg (2.73%), Zinc: 0.37mg (2.5%), Magnesium: 8.32mg (2.08%), Vitamin B12: 0.11µg (1.91%), Manganese: 0.04mg (1.86%), Fiber: 0.46g (1.84%), Vitamin B5: 0.18mg (1.79%), Copper: 0.02mg (1.16%)