



Quick BBQ Sandwiches with Slaw

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.5 cups cabbage shredded
- ☐ 0.5 cup carrots shredded
- ☐ 3 tablespoons cider vinegar
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon garlic powder
- ☐ 3 green onions thinly sliced
- ☐ 0.1 teaspoon ground ginger

- ☐ 6 ounce hamburger buns
- ☐ 0.5 cup catsup unsalted
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed halved lengthwise
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 0.5 teaspoon onion powder
- ☐ 2 teaspoons sugar

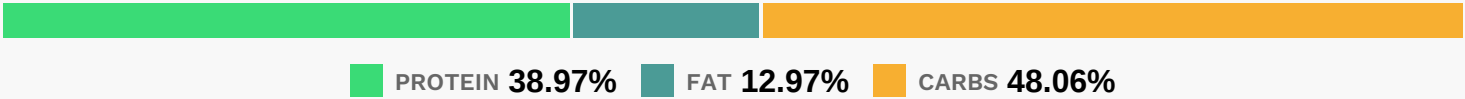
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Preheat grill to high heat.
- ☐ Combine first 8 ingredients in a bowl, stirring well with a whisk. Reserve 1/4 cup ketchup mixture; set aside.
- ☐ Add pork to remaining ketchup mixture; turn to coat pork.
- ☐ Place pork on a grill rack coated with cooking spray; cover and grill 5 minutes. Turn pork over; grill 6 minutes or until a thermometer inserted in thickest portion registers 15
- ☐ Remove pork from grill; let stand 5 minutes.
- ☐ Cut pork diagonally across the grain into thin slices.
- ☐ Arrange buns, cut sides down, in a single layer on grill rack coated with cooking spray; grill 2 minutes or until golden brown and toasted.
- ☐ While pork grills, combine cabbage and remaining ingredients in a medium bowl; toss.
- ☐ Let stand 10 minutes; drain.
- ☐ Place one bottom bun half on each of 4 plates; divide sliced pork evenly among buns. Top each serving with 1 tablespoon reserved sauce and about 1/2 cup slaw.
- ☐ Place top halves of buns on sandwiches.

Nutrition Facts



Properties

Glycemic Index:90.98, Glycemic Load:15.26, Inflammation Score:-9, Nutrition Score:27.245652043301%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 305.04kcal (15.25%), Fat: 4.36g (6.7%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 33.82g (12.3%), Sugar: 13.42g (14.91%), Cholesterol: 73.71mg (24.57%), Sodium: 1022.63mg (44.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.44g (58.89%), Vitamin B1: 1.41mg (93.74%), Selenium: 47.88µg (68.4%), Vitamin A: 2946.59IU (58.93%), Vitamin B6: 1.03mg (51.5%), Vitamin B3: 10.12mg (50.62%), Vitamin K: 44.3µg (42.19%), Phosphorus: 359.12mg (35.91%), Vitamin B2: 0.6mg (35.52%), Manganese: 0.49mg (24.55%), Potassium: 745.95mg (21.31%), Zinc: 2.7mg (18.01%), Iron: 3.17mg (17.6%), Vitamin C: 14.1mg (17.09%), Folate: 65.02µg (16.25%), Magnesium: 56.9mg (14.22%), Vitamin B5: 1.11mg (11.09%), Vitamin B12: 0.66µg (11.06%), Copper: 0.21mg (10.32%), Calcium: 100.27mg (10.03%), Fiber: 2.49g (9.95%), Vitamin E: 1.03mg (6.85%), Vitamin D: 0.23µg (1.51%)