



Quick Pork Picadillo Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 28 ounce canned tomatoes diced drained canned
- ☐ 1 tablespoon chili powder
- ☐ 0.5 cup golden raisins
- ☐ 1 pound ground pork lean
- ☐ 1.5 cups onion chopped (1 medium)
- ☐ 0.3 cup pimiento-stuffed olives green sliced
- ☐ 1 teaspoon pumpkin pie spice

- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1.5 ounce hamburger buns whole wheat

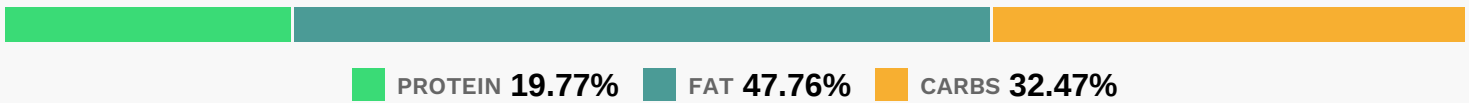
Equipment

- ☐ frying pan

Directions

- ☐ Cook onion, garlic, and pork in a large nonstick skillet over medium-high heat 5 minutes or until browned, stirring to crumble.
- ☐ Drain and return mixture to pan. Stir in raisins and next 5 ingredients (through tomatoes). Reduce heat, and cook 5 minutes, stirring occasionally. Stir in olives.
- ☐ Spread about 2/3 cup picadillo mixture on bottom half of each bun; cover with top half of bun.

Nutrition Facts



Properties

Glycemic Index:18.96, Glycemic Load:6.59, Inflammation Score:-6, Nutrition Score:13.29826087537%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 245.65kcal (12.28%), Fat: 13.51g (20.78%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 20.66g (6.89%), Net Carbohydrates: 17.16g (6.24%), Sugar: 11.45g (12.73%), Cholesterol: 40.82mg (13.61%), Sodium: 417.45mg (18.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.16%), Vitamin B1: 0.53mg (35.57%), Selenium: 16.8µg (24%), Vitamin B6: 0.47mg (23.36%), Vitamin B3: 4.18mg (20.92%), Manganese: 0.38mg (18.85%), Potassium: 600.29mg (17.15%), Phosphorus: 161.3mg (16.13%), Vitamin C: 12.31mg (14.93%), Copper: 0.28mg (14.09%), Fiber: 3.5g (13.99%), Vitamin B2: 0.24mg (13.97%), Iron: 2.5mg (13.87%), Vitamin E: 1.81mg (12.06%), Zinc: 1.71mg (11.4%), Vitamin A: 531.69IU (10.63%), Magnesium: 41.73mg (10.43%), Vitamin B5: 0.74mg (7.44%), Folate:

28.09µg (7.02%), Vitamin K: 7.06µg (6.72%), Calcium: 67.07mg (6.71%), Vitamin B12: 0.4µg (6.62%)