



Roast Pork and Peameal Bacon Sandwich

READY IN



45 min.

SERVINGS



1

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

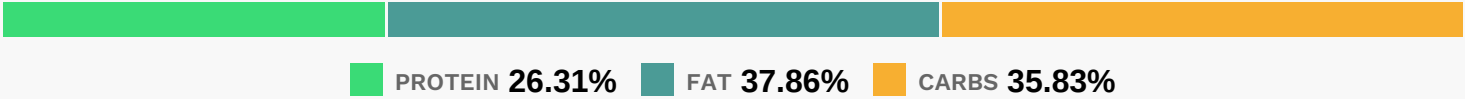
- ☐ 2 slices peameal bacon (sometimes called Canadian bacon, fried)
- ☐ 1 tablespoon dijon mustard
- ☐ 3 long of pickle
- ☐ 2 slices roast pork leftover warmed (if you like)
- ☐ 1 bun sliced in half)
- ☐ 2 slices swiss cheese

Equipment

Directions

☐ Assemble sandwich.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:23.14, Inflammation Score:-5, Nutrition Score:19.690000181613%

Nutrients (% of daily need)

Calories: 431.54kcal (21.58%), Fat: 18.14g (27.91%), Saturated Fat: 7.67g (47.94%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 34.98g (12.72%), Sugar: 7.04g (7.82%), Cholesterol: 61.38mg (20.46%), Sodium: 2612.28mg (113.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.36g (56.72%), Iron: 11.78mg (65.44%), Selenium: 30.14µg (43.05%), Calcium: 428.4mg (42.84%), Phosphorus: 385.57mg (38.56%), Vitamin B1: 0.56mg (37.38%), Vitamin K: 33.46µg (31.87%), Vitamin B12: 1.42µg (23.65%), Vitamin B3: 3.98mg (19.92%), Vitamin B2: 0.33mg (19.17%), Zinc: 2.62mg (17.5%), Vitamin B6: 0.34mg (16.89%), Fiber: 3.66g (14.64%), Potassium: 468.6mg (13.39%), Vitamin A: 649.7IU (12.99%), Vitamin D: 1.6µg (10.69%), Magnesium: 42.28mg (10.57%), Manganese: 0.17mg (8.46%), Vitamin B5: 0.6mg (6%), Folate: 21.99µg (5.5%), Copper: 0.1mg (5.23%), Vitamin C: 4.16mg (5.04%), Vitamin E: 0.61mg (4.09%)