



WHATSheATE



Roast Pork Sandwiches



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup horseradish



12 ounces roasted thinly sliced



12 thyme leaves cut in half horizontally

Equipment

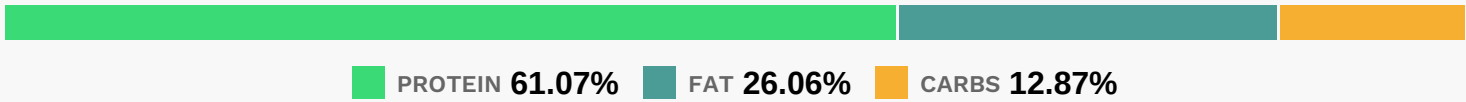
Directions



Spread 1 teaspoon horseradish cream on tops and bottoms of rolls.

☐ Place 1 ounce pork on bottom half of each roll; top with top halves of rolls.

Nutrition Facts



Properties

Glycemic Index:6.67, Glycemic Load:0.33, Inflammation Score:-7, Nutrition Score:3.5760869587893%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

Nutrients (% of daily need)

Calories: 43.23kcal (2.16%), Fat: 1.24g (1.9%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.8g (0.89%), Cholesterol: 17.86mg (5.95%), Sodium: 55.98mg (2.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.04%), Selenium: 8.13µg (11.62%), Vitamin B6: 0.22mg (11.24%), Vitamin B1: 0.13mg (8.46%), Vitamin B3: 1.69mg (8.43%), Phosphorus: 67.95mg (6.79%), Vitamin C: 4.09mg (4.96%), Zinc: 0.61mg (4.08%), Potassium: 136.72mg (3.91%), Vitamin B2: 0.06mg (3.54%), Magnesium: 11.67mg (2.92%), Vitamin B12: 0.14µg (2.41%), Vitamin B5: 0.22mg (2.25%), Iron: 0.37mg (2.05%), Fiber: 0.47g (1.88%), Manganese: 0.03mg (1.59%), Folate: 6.15µg (1.54%), Copper: 0.03mg (1.39%), Calcium: 11.07mg (1.11%)