



Roast Pork Sandwiches with Sweet Peppers and Arugula

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces arugula
- ☐ 20 inch long crusty baguette
- ☐ 2 ounces cherry peppers from jar halved lengthwise seeded
- ☐ 4 servings coarse kosher salt
- ☐ 2 teaspoons thyme leaves fresh minced
- ☐ 2 small garlic cloves smashed
- ☐ 4 teaspoons juice of lemon fresh

- ☐ 0.7 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 4 pork chops reserved from pork rib roast with fig and pistachio stuffing, cut from bone, very thinly sliced horizontally 1-inch-thick ()
- ☐ 1 small onion red very thinly sliced

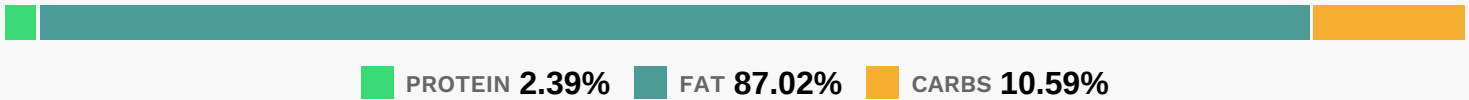
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mortar and pestle

Directions

- ☐ Place garlic cloves in mortar.
- ☐ Add pinch of coarse salt and smash with pestle until paste forms. Alternatively, press garlic into small bowl; add coarse salt and mash with back of spoon to form paste.
- ☐ Whisk in lemon juice, then olive oil and thyme.
- ☐ Whisk in mayonnaise. Season with salt and pepper. DO AHEAD Garlic mayonnaise can be made 1 day ahead. Cover and chill.
- ☐ Spread cut sides of baguette pieces with garlic mayonnaise. Divide pork among bottom pieces of bread.
- ☐ Layer Peppadews, onion slices, and arugula atop pork.
- ☐ Add baguette tops to sandwiches and serve.

Nutrition Facts



Properties

Glycemic Index:63.94, Glycemic Load:5.14, Inflammation Score:-8, Nutrition Score:8.8173913281897%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg, Kaempferol: 5.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg, Quercetin: 6.75mg

Nutrients (% of daily need)

Calories: 431.91kcal (21.6%), Fat: 42.04g (64.68%), Saturated Fat: 6.36g (39.72%), Carbohydrates: 11.51g (3.84%), Net Carbohydrates: 9.85g (3.58%), Sugar: 2.41g (2.67%), Cholesterol: 16.26mg (5.42%), Sodium: 690.15mg (30.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.21%), Vitamin K: 84.95µg (80.9%), Vitamin E: 3.28mg (21.88%), Vitamin C: 8.17mg (9.9%), Manganese: 0.19mg (9.3%), Folate: 35.93µg (8.98%), Vitamin A: 409.21IU (8.18%), Vitamin B1: 0.11mg (7.05%), Fiber: 1.65g (6.61%), Iron: 1.07mg (5.94%), Selenium: 3.8µg (5.42%), Calcium: 52.9mg (5.29%), Vitamin B6: 0.09mg (4.54%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 41.04mg (4.1%), Potassium: 136.47mg (3.9%), Magnesium: 15.6mg (3.9%), Vitamin B3: 0.75mg (3.74%), Copper: 0.06mg (2.78%), Vitamin B5: 0.23mg (2.34%), Zinc: 0.33mg (2.18%)