



Rosemary Pork Sliders with Horseradish Aioli

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups arugula
- 0.5 teaspoon pepper black freshly ground
- 1.5 pound pork loin boneless trimmed
- 1 tablespoon rosemary leaves fresh chopped
- 4 garlic clove minced
- 2 teaspoons horseradish prepared
- 1 cup beef broth fat-free
- 0.8 cup mayonnaise

- 0.5 cup shallots vertically sliced (2 large)
- 1.3 ounce slider buns split toasted
- 1 cup water

Equipment

- bowl
- frying pan
- sieve
- slow cooker

Directions

- Sprinkle pork with pepper.
- Heat a large skillet over medium-high heat.
- Add pork; cook 3 minutes on each side or until browned.
- Transfer pork to a 3-quart slow cooker coated with cooking spray.
- Add 1 cup water and next 4 ingredients (through garlic) to slow cooker. Cover and cook on LOW for 8 hours or until tender.
- Remove pork from slow cooker; place in a bowl. Shred pork with 2 forks.
- Pour cooking liquid through a sieve into a bowl, reserving shallots and garlic.
- Add 3/4 cup strained cooking liquid, shallots, and garlic to pork; toss well. Discard remaining cooking liquid.
- Combine mayonnaise and horseradish in a small bowl. Spoon about 2 tablespoons pork mixture on bottom half of each bun. Top evenly with arugula.
- Spread 1 1/2 teaspoons mayonnaise mixture on cut side of each bun top. Cover sliders with bun tops.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:0.59, Inflammation Score:-2, Nutrition Score:8.0143478124038%

Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 189.22kcal (9.46%), Fat: 12.94g (19.91%), Saturated Fat: 2.36g (14.74%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.22g (1.35%), Cholesterol: 41.6mg (13.87%), Sodium: 160.15mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.6%), Vitamin K: 26.7µg (25.43%), Vitamin B6: 0.48mg (23.97%), Selenium: 16.33µg (23.32%), Vitamin B1: 0.26mg (17.48%), Vitamin B3: 3.3mg (16.5%), Phosphorus: 140.19mg (14.02%), Potassium: 308.36mg (8.81%), Zinc: 1.12mg (7.46%), Vitamin B2: 0.12mg (6.78%), Vitamin B12: 0.31µg (5.1%), Vitamin B5: 0.5mg (4.99%), Magnesium: 19.48mg (4.87%), Manganese: 0.07mg (3.72%), Vitamin E: 0.55mg (3.69%), Iron: 0.62mg (3.44%), Copper: 0.05mg (2.75%), Fiber: 0.57g (2.29%), Vitamin C: 1.84mg (2.24%), Folate: 7.99µg (2%), Calcium: 18.85mg (1.89%), Vitamin A: 94.03IU (1.88%), Vitamin D: 0.25µg (1.7%)