



Shaker Pork Sandwiches

 Dairy Free

READY IN



135 min.

SERVINGS



16

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds pork loin boneless
- 0.5 cup apple cider vinegar
- 2 tablespoons cornstarch
- 1 garlic clove minced
- 12 hawaiian rolls split
- 0.3 teaspoon pepper
- 1 teaspoon rubbed sage
- 0.5 teaspoon salt

- 0.3 cup soya sauce
- 0.8 cup sugar
- 0.8 cup water

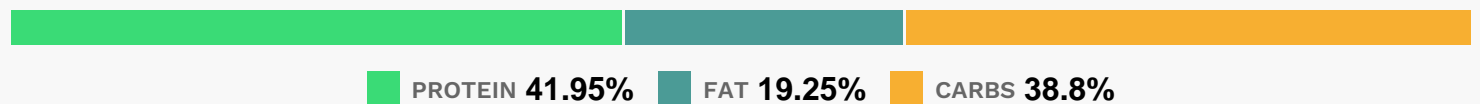
Equipment

- sauce pan
- oven
- roasting pan

Directions

- Combine the sage, salt, pepper and garlic; rub over roast.
- Place on a rack in a shallow roasting pan. Cover and bake at 350° for 1-3/4 to 2-1/4 hours or until tender.
- Remove meat and shred with two forks.
- In a large saucepan, combine the sugar and cornstarch; add water, vinegar and soy sauce until smooth. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Add shredded pork; stir until meat is coated and heated through.
- Serve on buns.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:16.28, Inflammation Score:-2, Nutrition Score:14.918260847259%

Nutrients (% of daily need)

Calories: 283.69kcal (14.18%), Fat: 5.9g (9.08%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 26.13g (9.5%), Sugar: 11.8g (13.11%), Cholesterol: 71.44mg (23.81%), Sodium: 491.19mg (21.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.94g (57.88%), Selenium: 40.33µg (57.62%), Vitamin B1: 0.68mg (45.34%), Vitamin B6: 0.89mg (44.32%), Vitamin B3: 8.01mg (40.04%), Phosphorus: 293.5mg (29.35%), Vitamin B2: 0.32mg (18.55%), Zinc: 2.3mg (15.34%), Potassium: 478.06mg (13.66%), Manganese: 0.23mg (11.57%), Vitamin B12: 0.64µg (10.71%), Iron: 1.84mg (10.21%), Magnesium: 38.99mg (9.75%), Vitamin B5: 0.86mg (8.6%),

Folate: 31µg (7.75%), Copper: 0.11mg (5.52%), Calcium: 54.43mg (5.44%), Vitamin D: 0.45µg (3.02%), Fiber: 0.63g (2.53%), Vitamin K: 1.71µg (1.63%), Vitamin E: 0.24mg (1.57%)