



Slow-Cooked BBQ Fennel, Onion, and Pork Sandwiches

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 ounces pork shoulder boneless trimmed chopped
- ☐ 0.5 teaspoon chili powder
- ☐ 0.3 cup apple cider vinegar
- ☐ 2 teaspoons apple cider vinegar
- ☐ 1 large fennel bulb thinly sliced
- ☐ 1 teaspoon garlic minced
- ☐ 0.8 cup cabbage green thinly sliced

- ☐ 0.3 teaspoon ground cumin
- ☐ 9 ounce hawaiian rolls whole-wheat toasted
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons mayonnaise
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 2 cups onion vertically sliced
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 cup greek yogurt plain 2%
- ☐ 0.8 cup cabbage red thinly sliced
- ☐ 0.3 cup canned tomatoes crushed

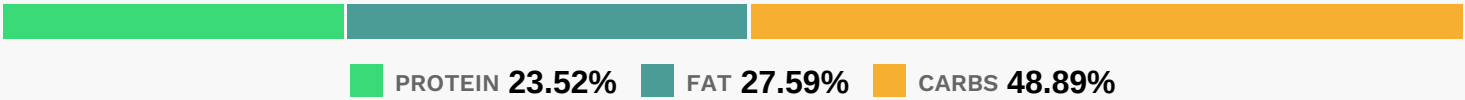
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium-high heat.
- ☐ Add pork to pan; cook 2 minutes.
- ☐ Add onion and fennel to pan; cover and cook 15 minutes, stirring frequently.
- ☐ Add salt and next 4 ingredients (through pepper); cook 1 minute, stirring constantly.
- ☐ Add tomatoes and 1/4 cup vinegar to pan. Reduce heat to medium. Uncover and cook an additional 15 minutes or until pork is tender, stirring frequently.
- ☐ Combine olive oil and 2 teaspoons vinegar in a medium bowl.
- ☐ Add green and red cabbage; toss gently to coat.
- ☐ Combine yogurt, mayonnaise, and garlic in a small bowl.
- ☐ Spread about 1 1/2 teaspoons yogurt mixture onto each bun half. Top bottom half of each bun with 1/4 cup fennel mixture, 1/4 cup cabbage mixture, and top half of bun.

Nutrition Facts



Properties

Glycemic Index:76.67, Glycemic Load:15.21, Inflammation Score:-6, Nutrition Score:16.795217392075%

Flavonoids

Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg, Cyanidin: 23.34mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg, Quercetin: 10.99mg

Nutrients (% of daily need)

Calories: 263.88kcal (13.19%), Fat: 8.07g (12.41%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 28.48g (10.36%), Sugar: 8.51g (9.46%), Cholesterol: 25.2mg (8.4%), Sodium: 501.9mg (21.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.94%), Vitamin K: 47.05µg (44.81%), Vitamin B1: 0.53mg (35.24%), Selenium: 23.36µg (33.36%), Vitamin B3: 5.98mg (29.88%), Manganese: 0.5mg (25.06%), Vitamin C: 19.82mg (24.02%), Vitamin B6: 0.45mg (22.63%), Vitamin B2: 0.38mg (22.47%), Phosphorus: 192.67mg (19.27%), Folate: 68.89µg (17.22%), Potassium: 542.33mg (15.5%), Fiber: 3.68g (14.73%), Iron: 2.64mg (14.66%), Calcium: 123.83mg (12.38%), Magnesium: 39.39mg (9.85%), Zinc: 1.38mg (9.2%), Vitamin B12: 0.5µg (8.29%), Copper: 0.15mg (7.68%), Vitamin A: 344.7IU (6.89%), Vitamin E: 1mg (6.64%), Vitamin B5: 0.64mg (6.45%)