



Sourdough Pork Sandwiches with Parsley-Pesto Mayonnaise

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 2 cups arugula trimmed
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon capers drained
- ☐ 2 teaspoons olive oil extravirgin
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 garlic clove minced

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup parsley leaves packed
- ☐ 12 ounces simply roasted pork thinly sliced
- ☐ 14 ounce roasted bell peppers red drained
- ☐ 1 ounce sourdough bread
- ☐ 1 tablespoon water

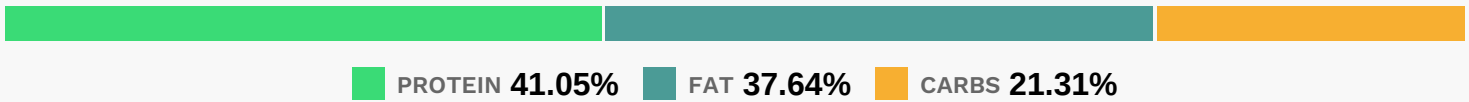
Equipment

- ☐ blender

Directions

- ☐ Combine the first 8 ingredients in a blender; process until smooth.
- ☐ Combine parsley mixture, cheese, and mayonnaise, stirring well.
- ☐ Spread 1 tablespoon mayonnaise mixture over each bread slice; top each of 4 slices with 1/2 cup arugula and 1/2 cup Simply Roasted Pork. Arrange red bell peppers evenly over pork. Top each serving with remaining 4 bread slices.
- ☐ Cut sandwiches in half diagonally.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:25.477825931881%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg, Apigenin: 32.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg, Kaempferol: 6.34mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 228.81kcal (11.44%), Fat: 9.65g (14.84%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 12.3g (4.1%), Net Carbohydrates: 9.91g (3.6%), Sugar: 2.26g (2.51%), Cholesterol: 68.13mg (22.71%), Sodium: 1812.48mg (78.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.36%), Vitamin K: 262.67µg (250.16%), Vitamin C: 69.36mg (84.07%), Vitamin B6: 0.92mg (46.02%), Vitamin A: 2080.37IU (41.61%), Selenium: 28.75µg (41.07%), Vitamin B1: 0.49mg (32.96%), Vitamin B3: 6.31mg (31.56%), Phosphorus: 284.67mg (28.47%), Vitamin B2: 0.37mg (21.83%), Potassium: 619.7mg (17.71%), Zinc: 2.44mg (16.28%), Calcium: 160.6mg (16.06%), Folate: 62.97µg (15.74%), Iron: 2.82mg (15.65%), Manganese: 0.29mg (14.42%), Magnesium: 52.21mg (13.05%), Copper: 0.24mg (12.04%), Vitamin B12: 0.68µg (11.33%), Vitamin B5: 0.95mg (9.53%), Fiber: 2.38g (9.53%), Vitamin E: 0.65mg (4.33%), Vitamin D: 0.41µg (2.73%)