



Soy-Marinated Pork Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons brown sugar
- ☐ 2 teaspoons canola oil divided
- ☐ 1 cup carrots shaved
- ☐ 0.8 teaspoon sesame oil dark
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.8 teaspoon ginger fresh grated peeled
- ☐ 2 teaspoons garlic fresh minced
- ☐ 0.3 teaspoon granulated sugar

- ☐ 0.3 cup diagonally cut green onions (1-inch)
- ☐ 6 ounce hamburger buns whole-wheat
- ☐ 12 ounces pork tenderloin trimmed thinly sliced
- ☐ 1.5 tablespoons lower-sodium soy sauce
- ☐ 4 servings soba noodle salad
- ☐ 2 tablespoons rice vinegar
- ☐ 2 teaspoons sambal oelek or fresh red crushed (ground chile paste)

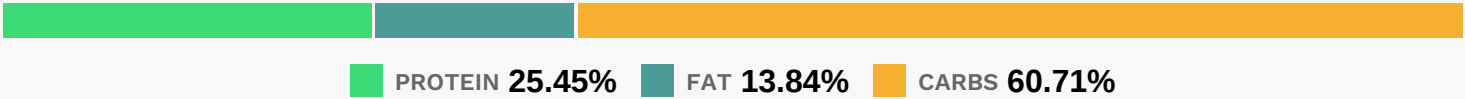
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ broiler

Directions

- ☐ Combine first 6 ingredients in a medium bowl, stirring with a whisk.
- ☐ Add pork to bowl; toss well to coat.
- ☐ Let pork mixture stand at room temperature 15 minutes.
- ☐ Preheat broiler to high.
- ☐ While pork marinates, combine vinegar, 1 teaspoon canola oil, and granulated sugar in a medium bowl; stir with a whisk.
- ☐ Add carrot, onions, and cilantro; toss to coat.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add remaining 1 teaspoon canola oil to pan; swirl to coat.
- ☐ Add pork to pan; cook 3 minutes or until done, turning occasionally.
- ☐ While pork cooks, place buns on a baking sheet, cut sides up. Broil 1 minute or until lightly toasted. Top bottom halves of buns evenly with pork. Divide carrot mixture evenly among servings. Cover sandwiches with top halves of buns.

Nutrition Facts



Properties

Glycemic Index:94.98, Glycemic Load:30.98, Inflammation Score:-10, Nutrition Score:29.351739484331%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 487.04kcal (24.35%), Fat: 7.37g (11.34%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 72.74g (24.25%), Net Carbohydrates: 68.67g (24.97%), Sugar: 11g (12.23%), Cholesterol: 55.28mg (18.43%), Sodium: 516.17mg (22.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.99%), Vitamin A: 5772.77IU (115.46%), Selenium: 73.78µg (105.4%), Vitamin B1: 1.16mg (77.55%), Vitamin B3: 8.98mg (44.88%), Manganese: 0.9mg (44.86%), Vitamin B6: 0.87mg (43.41%), Phosphorus: 388.73mg (38.87%), Vitamin B2: 0.5mg (29.5%), Vitamin K: 24.97µg (23.78%), Potassium: 695.3mg (19.87%), Iron: 3.54mg (19.68%), Zinc: 2.92mg (19.5%), Magnesium: 74.42mg (18.61%), Copper: 0.33mg (16.37%), Fiber: 4.07g (16.29%), Folate: 63.8µg (15.95%), Vitamin B5: 1.1mg (11.02%), Calcium: 105.07mg (10.51%), Vitamin E: 1.4mg (9.35%), Vitamin B12: 0.52µg (8.65%), Vitamin C: 4.38mg (5.31%), Vitamin D: 0.17µg (1.13%)