



## Sweet and Sour Pork Sliders

 Dairy Free

READY IN



125 min.

SERVINGS



10

CALORIES



300 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 teaspoons tapioca/arrowroot flour
- 0.3 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground
- 1 piece ginger fresh minced peeled
- 2 cloves garlic minced
- 0.3 cup brown sugar packed
- 1.5 cups cabbage green very thinly sliced ( )
- 0.5 cup green onions thinly sliced

- 0.3 teaspoon kosher salt
- 1 pound pork tenderloin trimmed
- 0.5 cup orange juice fresh
- 1 orange zest
- 1.5 cups cabbage red very thinly sliced ()
- 2 tablespoons seasoned rice vinegar
- 2.5 tablespoons seasoned rice vinegar
- 1 teaspoon sesame oil
- 2 tablespoons sesame oil
- 0.5 cup soya sauce
- 10 rolls sweet hawaiian-style mini halved

## Equipment

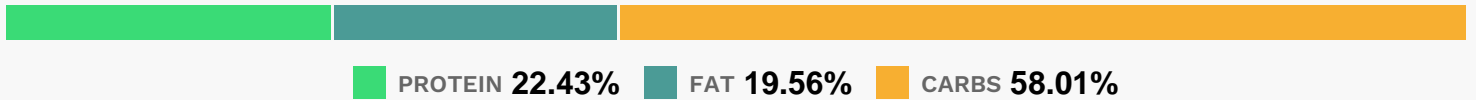
- bowl
- baking sheet
- sauce pan
- oven
- whisk
- kitchen thermometer

## Directions

- Watch how to make this recipe.
- For the slaw: Toss the green cabbage, red cabbage, vinegar, oil, salt pepper and green onions in a medium bowl to blend. Cover and refrigerate while preparing the pork.
- For the pork: In a medium bowl, whisk together the orange juice, soy sauce, brown sugar, vinegar, sesame oil, pepper, garlic, ginger and orange zest to blend.
- Add the pork tenderloin and turn to coat. Refrigerate for at least 1 hour, turning occasionally.
- Preheat the oven to 425 degrees F.
- Remove the pork from the marinade. Reserve the marinade.

- Place the pork on a nonstick heavy baking sheet and roast until an instant-read thermometer inserted into the center of the pork registers 145 degrees F, 25 to 30 minutes.
- Remove the pork from the oven and let stand 5 to 10 minutes.
- Pour the marinade into a heavy medium saucepan and whisk in the arrowroot. Bring the mixture to a boil over medium-high heat. Reduce the heat and simmer until the sauce thickens slightly, 3 to 4 minutes.
- Remove the sauce from the heat and cool slightly.
- Transfer the pork tenderloin to a work surface and cut crosswise into 1/4- to 1/3-inch-thick slices. Divide the pork among the bottom halves of the rolls. Top the pork with sauce and slaw. Cover with the top halves of the rolls and serve.

## Nutrition Facts



### Properties

Glycemic Index:54.2, Glycemic Load:24.82, Inflammation Score:-4, Nutrition Score:12.945217516111%

### Flavonoids

Cyanidin: 28.01mg, Cyanidin: 28.01mg, Cyanidin: 28.01mg, Cyanidin: 28.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

### Nutrients (% of daily need)

Calories: 299.92kcal (15%), Fat: 6.48g (9.97%), Saturated Fat: 0.79g (4.92%), Carbohydrates: 43.24g (14.41%), Net Carbohydrates: 41.16g (14.97%), Sugar: 11.89g (13.21%), Cholesterol: 29.48mg (9.83%), Sodium: 1031.05mg (44.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.43%), Iron: 11.71mg (65.05%), Vitamin B1: 0.49mg (32.76%), Vitamin C: 20.45mg (24.78%), Vitamin K: 24.13µg (22.98%), Vitamin B6: 0.44mg (21.9%), Selenium: 14.43µg (20.61%), Vitamin B3: 3.67mg (18.37%), Phosphorus: 140mg (14%), Vitamin B2: 0.2mg (11.54%), Potassium: 311.87mg (8.91%), Fiber: 2.07g (8.3%), Manganese: 0.17mg (8.29%), Zinc: 1mg (6.66%), Magnesium: 24.21mg (6.05%), Vitamin B5: 0.52mg (5.18%), Vitamin A: 239.84IU (4.8%), Folate: 16.52µg (4.13%), Copper: 0.08mg (4.01%), Vitamin B12: 0.23µg (3.86%), Calcium: 35.3mg (3.53%), Vitamin E: 0.21mg (1.43%)