



Sweet-Spiked Pork Sandwiches

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 3.2 ounce chicago bread italian lightly toasted
- ☐ 1 cup coca-cola
- ☐ 2.5 tablespoons dijon mustard country-style
- ☐ 0.8 teaspoon coarsely ground pepper black
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle pork evenly with salt and pepper; coat with cooking spray.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add pork; cook 3 minutes or until browned on 1 side.
- ☐ Reduce heat to medium-low; turn pork over. Cover and cook 17 minutes or until a thermometer registers 160 (slightly pink).
- ☐ Remove pork from pan. Cover and let stand 5 minutes.
- ☐ While pork is standing, increase heat to medium-high, and add cola and bourbon to pan. Bring to a boil; cook 7 minutes or until mixture is reduced to 1/4 cup.
- ☐ Spread mustard evenly on one side of bread slices.
- ☐ Cut pork into thin slices.
- ☐ Add pork slices to sauce, tossing to coat. Arrange pork slices over mustard. Spoon sauce evenly over pork.
- ☐ Serve with: Spicy Celery Seed Coleslaw

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:3.63, Inflammation Score:-2, Nutrition Score:16.171739292048%

Nutrients (% of daily need)

Calories: 313.3kcal (15.66%), Fat: 10.81g (16.63%), Saturated Fat: 5.17g (32.34%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 16.92g (6.15%), Sugar: 12.44g (13.82%), Cholesterol: 73.71mg (24.57%), Sodium: 395.29mg (17.19%), Alcohol: 5.01g (100%), Alcohol %: 2.88% (100%), Caffeine: 4.72mg (1.57%), Protein: 26.07g (52.15%), Vitamin B1: 1.18mg (78.83%), Selenium: 38.19µg (54.56%), Vitamin B6: 0.89mg (44.44%), Vitamin B3: 8.66mg (43.29%), Phosphorus: 305.7mg (30.57%), Vitamin B2: 0.42mg (24.45%), Zinc: 2.27mg (15.14%), Potassium: 522.23mg (14.92%), Iron: 1.85mg (10.25%), Vitamin B5: 0.99mg (9.93%), Magnesium: 39.62mg (9.9%), Vitamin B12: 0.58µg (9.64%), Copper: 0.12mg (5.89%), Manganese: 0.11mg (5.41%), Fiber: 1.29g (5.17%), Folate: 15.01µg (3.75%), Vitamin E: 0.29mg (1.91%), Vitamin D: 0.23µg (1.51%), Calcium: 14.51mg (1.45%)