



Tangy Sliced Pork Sandwiches

READY IN



20 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 0.1 teaspoon cayenne pepper
- 4 hamburger buns
- 2 tablespoons juice of lemon
- 0.3 teaspoon paprika
- 0.5 pound fatty pork boneless cubed cooked
- 0.1 teaspoon salt
- 2 tablespoons sugar white
- 0.3 cup worcestershire sauce

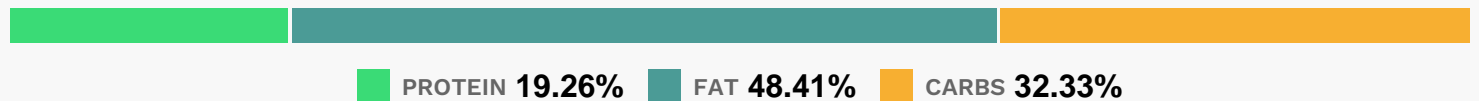
Equipment

sauce pan

Directions

- Melt butter or margarine in a large saucepan over medium heat.
- Add the Worcestershire sauce, lemon juice, sugar, paprika, salt and cayenne pepper.
- Mix together and bring mixture to a boil, stirring often.
- Add the cooked pork and let simmer just until pork is heated through. Divide into 4 equal portions onto the bottom of each hamburger bun.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:17.08, Inflammation Score:-5, Nutrition Score:13.109565268392%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 390.64kcal (19.53%), Fat: 20.93g (32.2%), Saturated Fat: 10.38g (64.86%), Carbohydrates: 31.45g (10.48%), Net Carbohydrates: 30.59g (11.12%), Sugar: 11.05g (12.28%), Cholesterol: 81.53mg (27.18%), Sodium: 642.52mg (27.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.74g (37.47%), Selenium: 33.19µg (47.41%), Vitamin B1: 0.6mg (40.31%), Vitamin B3: 4.36mg (21.82%), Vitamin B2: 0.37mg (21.71%), Phosphorus: 183.63mg (18.36%), Iron: 3.28mg (18.22%), Zinc: 2.73mg (18.2%), Manganese: 0.26mg (12.85%), Folate: 46.68µg (11.67%), Potassium: 401.51mg (11.47%), Vitamin B6: 0.21mg (10.75%), Vitamin B12: 0.6µg (9.96%), Calcium: 94.86mg (9.49%), Vitamin A: 460.55IU (9.21%), Copper: 0.15mg (7.72%), Vitamin C: 6.08mg (7.38%), Magnesium: 24.52mg (6.13%), Vitamin E: 0.67mg (4.45%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.57µg (3.78%), Fiber: 0.86g (3.43%), Vitamin K: 3.38µg (3.22%)