

Shredded Pork Sandwich

Serves 4



Ingredients:

- 3 tablespoons sugar
- 1/4 teaspoon salt
- 1 teaspoon mustard
- 1/3 cup light mayonnaise
- 3 tablespoons cider or white vinegar
- 1 package (14-16 ounces) coleslaw mix
- 2 cups shredded pork (from Slow Cooker Pork Chili)
- 4 whole wheat buns
- 4 tablespoons barbecue sauce

Directions:

- Mix sugar, salt, mustard, and mayonnaise together in a large bowl. Add vinegar and stir with a wire whisk or fork.
- Add the coleslaw mix to the bowl. Stir until ingredients are mixed well. You will use half the coleslaw for the sandwiches. You can use the other half as a side or with another meal.
- Thaw shredded pork from the Slow Cooker Pork Chili if it is frozen. Reheat in the microwave for 2 minutes. Stop and stir. Reheat for 1 more minute. The temperature should be 165°F.
- Layer 1/2 cup shredded pork on bottom of 1 whole wheat bun. Put 1 tablespoon barbecue sauce on shredded pork. Put 1/2 cup coleslaw on barbecue sauce. Put top of 1 whole wheat bun on coleslaw.

TIPS

- Coleslaw will keep for 4 days in the refrigerator if it is covered.
- Look for coleslaw that is labeled ready to eat or triple washed.
- This is a very quick meal because the pork is already prepared.

Source: Spend Smart. Eat Smart., Iowa State University

Nutrition Facts

4 Servings Per Recipe	
Serving Size: 1 sandwich	
Amount Per Serving	
Calories	430
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 620mg	26%
Total Carbohydrates 37g	12%
Dietary Fiber 5g	20%
Total Sugars 15g	
Added Sugars	NA*
Protein 40g	
Vitamin D 0.3mcg	2%
Calcium 173mg	13%
Iron 2.7mg	15%
Potassium 653mg	14%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	

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