



# Barbecue Sandwich



Where service *and savings* matter.

**SERVINGS:** 4

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving:  
calories 290, calories from fat 60,  
total fat 7g, saturated fat 0.5g,  
cholesterol 50mg, sodium 790mg,  
total carbohydrate 37g, dietary  
fiber 4g, sugars 15g, protein 21g,  
vitamin A 0%, vitamin C 4%,  
calcium 6%, iron 10%

1 lb pork tenderloin, from menu earlier in week  
½ cup Food Club Barbecue Mesquite Sauce  
4 Sara Lee Heart Whole Wheat Hamburger Buns, split  
and toasted

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

## ★ Barbecue Sandwich ★ *Shopping List*

**MEAT/POULTRY/SEAFOOD:**

- 1 lb pork tenderloin

**WHOLE GRAINS/  
BREADS/ PASTA:**

- 4 Sara Lee Heart Whole  
Wheat Hamburger Buns

**GROCERY/FROZEN/  
MISCELLANEOUS:**

- Food Club Barbecue  
Mesquite Sauce