



## Open-Faced Pretzel-Coated Pork Sliders

[Click here for a video demo](#) !



1/12th of recipe (1 slider): 158 calories, 3.5g total fat (0.5g sat. fat), 399mg sodium, 19g carbs, 1g fiber, 5g sugars, 11.5g protein

**Prep:** 15 minutes    **Cook:** 25 minutes

More: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

### Ingredients

- 1 1/2 cups pretzel sticks, finely crushed
- 1/4 cup whole-wheat flour
- 1/2 tsp. coarse salt
- 1/2 cup egg whites (about 4 large eggs' worth)
- 1 tbsp. Dijon mustard
- One 1-lb. raw pork tenderloin, trimmed of excess fat
- 12 slider rolls, bottom halves only
- 12 small lettuce leaves
- 1/3 cup light mayonnaise
- 24 bread-and-butter pickle slices

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

In a wide bowl, combine crushed pretzels, flour, and salt. Mix well.

In another wide bowl, combine egg whites with mustard. Whisk until mostly uniform.

Cut pork tenderloin crosswise into 12 even pieces, each about 3/4 inch thick. Pound until about 2 1/2 inches in diameter and 1/4 inch thick.

One at a time, dunk pork cutlets in egg mixture, shake to remove excess, and coat with crumbs.

Evenly lay cutlets on the baking sheet. Bake for 10 minutes.

Flip cutlets. Bake until outside is crispy and inside is cooked through, 10 - 15 minutes.

Meanwhile, toast the bottom halves of slider rolls.

Top toasted slider roll halves with lettuce, pretzel-crust pork, mayo, and pickles.

**MAKES 12 SERVINGS**

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