



## 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

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.