



## Apricot-Glazed Pork Kebabs



Gluten Free



Dairy Free

READY IN



57 min.

SERVINGS



8

CALORIES



214 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10 ounce apricot preserves
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 2 garlic clove minced
- ☐ 2 pound pork tenderloins trimmed cut into 1-inch pieces
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons soy sauce
- ☐ 0.8 teaspoon salt

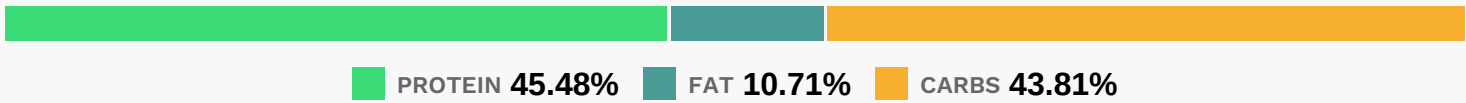
## Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ microwave
- ☐ skewers

## Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place preserves in a 2-cup glass measure. Microwave at HIGH 1 minute, stirring after 30 seconds. Stir in soy sauce, juice, and garlic.
- ☐ Place 3/4 cup apricot mixture in a large zip-top plastic bag; reserve remaining apricot mixture.
- ☐ Add pork to bag, and seal. Marinate at room temperature for 30 minutes.
- ☐ Remove pork from bag, and discard marinade. Thread pork evenly onto 16 (8-inch) skewers.
- ☐ Sprinkle pork evenly with salt and black pepper. Set aside 1/4 cup apricot mixture.
- ☐ Place pork on a grill rack coated with cooking spray; baste with half of remaining apricot mixture. Grill 3 1/2 minutes. Turn pork over; baste with other half of remaining apricot mixture. Grill 3 1/2 minutes or until desired degree of doneness.
- ☐ Remove pork from grill.
- ☐ Brush with reserved 1/4 cup apricot mixture.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:15.354347576266%

## Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 213.64kcal (10.68%), Fat: 2.56g (3.94%), Saturated Fat: 0.8g (5%), Carbohydrates: 23.54g (7.85%), Net Carbohydrates: 23.34g (8.49%), Sugar: 15.46g (17.17%), Cholesterol: 73.71mg (24.57%), Sodium: 436.47mg (18.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Vitamin B1: 1.14mg (75.7%), Selenium: 35.77µg (51.1%), Vitamin B6: 0.91mg (45.26%), Vitamin B3: 7.65mg (38.23%), Phosphorus: 289.39mg (28.94%), Vitamin B2: 0.41mg (23.92%), Zinc: 2.21mg (14.72%), Potassium: 501.3mg (14.32%), Vitamin B5: 0.99mg (9.89%), Vitamin B12: 0.58µg (9.64%), Magnesium: 35.42mg (8.86%), Iron: 1.37mg (7.63%), Copper: 0.14mg (7.23%), Vitamin C: 4.08mg (4.94%), Manganese: 0.09mg (4.27%), Vitamin E: 0.32mg (2.12%), Calcium: 16.39mg (1.64%), Vitamin D: 0.23µg (1.51%), Vitamin A: 73.85IU (1.48%)