

DINNER

# Barbecued Pork Kebabs

12 September 2026

| TOTAL TIME | PREP   | COOK   | SERVES | PER SERVING | CALORIES |
|------------|--------|--------|--------|-------------|----------|
| 150 min    | 15 min | 15 min | 10     | \$2.27      | 338 kcal |



Barbecued Pork Kebabs is a main course that serves 10. One serving contains 338 calories, 43g of protein, and 7g of fat. For \$2.27 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals.

## Ingredients

- ☐ 10 bamboo skewers, soaked in water for 30 minutes
- ☐ 5 cloves garlic, chopped
- ☐ 1 onion, diced
- ☐ 1 cup white sugar
- ☐ 4 pound boneless pork loin, cut into 1 1/2-inch cubes
- ☐ 1 teaspoon ground black pepper
- ☐ 1 cup soy sauce

EQUIPMENT Bowl, Whisk, Grill, Skewers

## Method

- 1 Whisk the sugar, soy sauce, onion, garlic and black pepper together in a large bowl.
- 2 Add the pork and toss to coat. Cover and refrigerate at least 2 hours. Overnight is best if possible.
- 3 Preheat an outdoor grill for high heat, and lightly oil the grate.
- 4 Thread the pork onto the soaked skewers. Cook on the preheated grill until the pork is no longer pink in the center, 3 to 5 minutes per side.

### Nutrition per serving

**338**

KCAL

**43 g**

PROTEIN

**7 g**

FAT

**23 g**

CARBS

|               |                               |
|---------------|-------------------------------|
| Saturated Fat | 2.3 g · 14% of daily needs    |
| Fibre         | 0.5 g · 2% of daily needs     |
| Sugar         | 20.9 g · 23% of daily needs   |
| Sodium        | 1,386 mg · 60% of daily needs |
| Cholesterol   | 114 mg · 38% of daily needs   |
| Vitamin C     | 1.3 mg · 2% of daily needs    |

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/barbecued-pork-kebabs-142170](https://whatsheate.com/barbecued-pork-kebabs-142170)