



BBQ Teriyaki Pork Kabobs

 Gluten Free  Dairy Free

READY IN



210 min.

SERVINGS



6

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pork loin boneless cut into 1 inch cubes
- ☐ 1 tablespoon brown sugar
- ☐ 14.5 ounce beef broth low-sodium canned
- ☐ 12 cherry tomatoes
- ☐ 2 tablespoons cornstarch
- ☐ 1 clove garlic minced
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground ginger

- ☐ 3 tablespoons olive oil
- ☐ 12 bite-size chunks pineapple fresh
- ☐ 3 portabello mushrooms cut into quarters
- ☐ 1 large onion red cut into 12 wedges
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 6 servings salt and pepper to taste
- ☐ 2 tablespoons soya sauce
- ☐ 3 tablespoons soya sauce

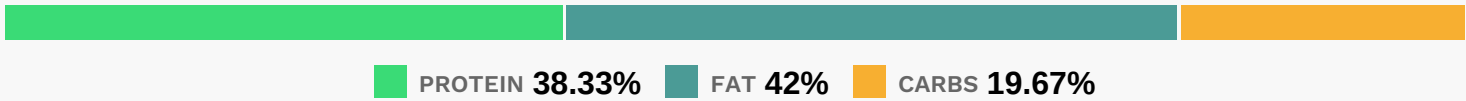
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ In a shallow dish, mix together 3 tablespoons soy sauce, olive oil, 1 clove minced garlic, red pepper flakes, salt, and pepper.
- ☐ Add pork cubes, and turn to coat evenly with marinade. Cover, and refrigerate for 3 hours.
- ☐ In a saucepan, combine beef broth, cornstarch, 2 tablespoons soy sauce, brown sugar, 2 cloves minced garlic, and ginger. Bring to a boil, stirring constantly. Reduce heat, and simmer 5 minutes.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate. Thread pork cubes onto skewers, alternating with mushrooms, onion, tomatoes, and pineapple chunks.
- ☐ Cook on grill for 15 minutes, or until meat is cooked through. Turn skewers, and baste often with sauce during cooking.

Nutrition Facts



Properties

Glycemic Index:19.5, Glycemic Load:0.63, Inflammation Score:-4, Nutrition Score:13.714782507523%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg, Quercetin: 3.99mg

Nutrients (% of daily need)

Calories: 219.59kcal (10.98%), Fat: 10.33g (15.89%), Saturated Fat: 1.96g (12.23%), Carbohydrates: 10.88g (3.63%), Net Carbohydrates: 9.52g (3.46%), Sugar: 5.18g (5.76%), Cholesterol: 47.63mg (15.88%), Sodium: 1206.56mg (52.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.2g (42.41%), Selenium: 29.54µg (42.19%), Vitamin B6: 0.74mg (36.84%), Vitamin B3: 7.07mg (35.36%), Vitamin B1: 0.39mg (26.31%), Phosphorus: 253.3mg (25.33%), Potassium: 721.02mg (20.6%), Vitamin B2: 0.23mg (13.82%), Vitamin C: 9.77mg (11.84%), Vitamin B5: 1.18mg (11.78%), Zinc: 1.76mg (11.73%), Copper: 0.23mg (11.4%), Manganese: 0.23mg (11.37%), Vitamin E: 1.37mg (9.16%), Magnesium: 31.92mg (7.98%), Iron: 1.31mg (7.27%), Vitamin B12: 0.41µg (6.78%), Folate: 22.59µg (5.65%), Fiber: 1.37g (5.47%), Vitamin K: 5.46µg (5.2%), Vitamin A: 217.2IU (4.34%), Vitamin D: 0.43µg (2.86%), Calcium: 21.58mg (2.16%)