



Brine-Cured Pork Kabobs with Molasses Glaze, Jalapenos and Papaya



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



8

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 tablespoon peppercorns whole black
- ☐ 3 clove garlic peeled thinly sliced
- ☐ 3 tablespoon kosher salt plus more for seasoning
- ☐ 2 tablespoon blackstrap molasses
- ☐ 0.8 cup olive oil extra-virgin

- ☐ 8 servings olive oil as needed for grill
- ☐ 8 servings bell pepper to taste
- ☐ 1.8 pound pork loin cut into 1 ½" cubes
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.5 tablespoon sea salt
- ☐ 0.3 cup sugar
- ☐ 6 cup water

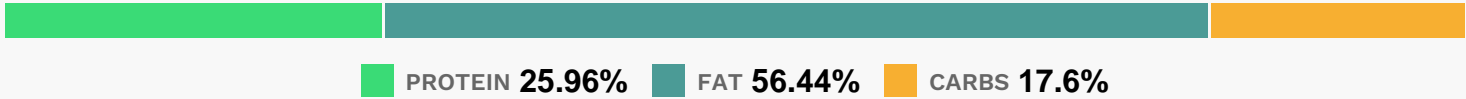
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Combine water, sugar, salt, bay leaves, peppercorns, cloves, and sliced garlic in a non-reactive bowl.
- ☐ Add pork , cover and refrigerate at least 4 hours and up to over night.
- ☐ Drain and set aside.To make the kabobs: Thread alternating pieces of pork, jalapeno halves, and papaya chunks onto 8 skewers.
- ☐ Brush with molasses glaze and season with salt an pepper.To grill the kabobs: Arrange skewers, off direct heat, on a hot grill. Cook, rotating often and brushing with more glaze or olive oil as needed to prevent sticking. The pork should be nearly cooked through, barely pink and still juicy in the center, about 10–12 minutes total cooking.
- ☐ Remove the skewers from the grill, taking care to keep the softened papaya form slipping off.
- ☐ Brush them one more time with the glaze if you like and allow them to rest about five minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:7.2, Inflammation Score:-9, Nutrition Score:21.992608785629%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 353.75kcal (17.69%), Fat: 22.39g (34.45%), Saturated Fat: 3.8g (23.73%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 13.76g (5%), Sugar: 13.13g (14.59%), Cholesterol: 62.51mg (20.84%), Sodium: 3117.44mg (135.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.18g (46.35%), Vitamin C: 95.72mg (116.03%), Vitamin B6: 1.02mg (51.01%), Vitamin A: 2378.21IU (47.56%), Selenium: 28.74µg (41.06%), Vitamin B3: 6.51mg (32.57%), Vitamin B1: 0.49mg (32.38%), Vitamin E: 3.97mg (26.45%), Phosphorus: 248.29mg (24.83%), Manganese: 0.36mg (17.95%), Potassium: 626.09mg (17.89%), Vitamin K: 16.73µg (15.94%), Vitamin B2: 0.25mg (15%), Zinc: 2.05mg (13.65%), Magnesium: 51.35mg (12.84%), Vitamin B5: 1.04mg (10.41%), Folate: 34.6µg (8.65%), Vitamin B12: 0.51µg (8.43%), Fiber: 1.96g (7.83%), Iron: 1.4mg (7.76%), Copper: 0.15mg (7.36%), Calcium: 36.13mg (3.61%), Vitamin D: 0.4µg (2.65%)