



Caramelized Pork Kebabs with Chinese Eggplant



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 japanese eggplants chinese ()
- ☐ 2 tablespoons vietnamese fish sauce (nam pla or nuoc mam)
- ☐ 2 tablespoons garlic minced
- ☐ 3 tablespoons soya sauce reduced-sodium
- ☐ 2 tablespoons oyster sauce
- ☐ 1.3 lbs pork tenderloin
- ☐ 1 tablespoon sriracha chili sauce

☐ 3 tablespoons sugar

Equipment

- ☐ bowl
- ☐ knife
- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ wooden skewers

Directions

- ☐ Trim pork of fat and silverskin and cut crosswise into 1/4-in. slices. Arrange slices between layers of plastic wrap and, with a meat mallet or heavy rolling pin, pound until paper thin.
- ☐ Prepare grill for direct high heat (about 500; you can hold your hand 5 in. above cooking grate only 2 to 3 seconds). In a bowl, mix fish sauce, soy sauce, oyster sauce, garlic, sugar, and chili sauce. (If you like, double the marinade and save half to use as a sauce.)
- ☐ Add pork and toss to coat.
- ☐ Let stand 10 minutes. Weave strips of meat onto eight 10-in. metal or soaked wooden skewers.
- ☐ Halve each eggplant crosswise, then lengthwise; score each piece on flesh side a few times with a sharp knife.
- ☐ Add eggplant to pork marinade and turn to coat on all sides.
- ☐ Put skewers on center of grill and surround with pieces of eggplant, skin side down. Cover and cook 2 minutes. Turn meat over, cover, and cook 2 minutes more.
- ☐ Remove meat from grill. Cook eggplant, covered, turning often, 4 to 6 minutes, or until eggplant is very soft but not burned.

Nutrition Facts



 PROTEIN **43.21%**  FAT **16.15%**  CARBS **40.64%**

Properties

Glycemic Index:32.52, Glycemic Load:9.62, Inflammation Score:-7, Nutrition Score:30.648261132448%

Flavonoids

Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg, Delphinidin: 294.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 311.52kcal (15.58%), Fat: 5.74g (8.83%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 32.52g (10.84%), Net Carbohydrates: 22.01g (8%), Sugar: 21.58g (23.97%), Cholesterol: 92.14mg (30.71%), Sodium: 1551.45mg (67.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.57g (69.14%), Vitamin B1: 1.54mg (102.79%), Vitamin B6: 1.48mg (74.19%), Selenium: 45.88µg (65.54%), Vitamin B3: 12.11mg (60.56%), Manganese: 0.96mg (48.11%), Phosphorus: 455.89mg (45.59%), Fiber: 10.51g (42.04%), Potassium: 1437.6mg (41.07%), Vitamin B2: 0.66mg (38.74%), Magnesium: 111.91mg (27.98%), Zinc: 3.37mg (22.48%), Vitamin B5: 2.23mg (22.3%), Copper: 0.44mg (22.08%), Folate: 87.11µg (21.78%), Iron: 2.5mg (13.9%), Vitamin C: 11.29mg (13.68%), Vitamin B12: 0.82µg (13.62%), Vitamin K: 12.17µg (11.59%), Vitamin E: 1.4mg (9.32%), Calcium: 57.36mg (5.74%), Vitamin D: 0.43µg (2.83%), Vitamin A: 88.54IU (1.77%)