



Caribbean Pork Kabobs



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bell peppers assorted cut into 1-inch pieces
- ☐ 2 tablespoons caribbean jerk seasoning
- ☐ 1.5 pounds pork tenderloin trimmed cut into 1 1/2-inch pieces
- ☐ 1 large lime
- ☐ 3 small onions red quartered
- ☐ 6 servings garnish: thyme sprigs fresh
- ☐ 72 inch metal skewers
- ☐ 72 inch metal skewers

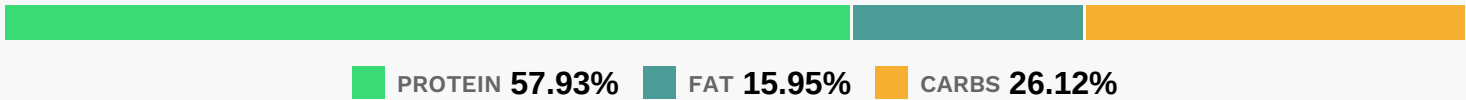
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes to prevent burning.
- ☐ Thread pork, peppers, and onions alternately onto skewers.
- ☐ Sprinkle kabobs evenly with Jerk seasoning; lightly coat with cooking spray.
- ☐ Grill kabobs, covered with grill lid, over medium heat (300 to 350 degrees Fahrenheit) for 8 to 10 minutes on each side or until done. Squeeze juice from lime over kabobs just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:2.2, Inflammation Score:-10, Nutrition Score:26.20130459122%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 172.95kcal (8.65%), Fat: 3.11g (4.79%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 11.47g (3.82%), Net Carbohydrates: 7.9g (2.87%), Sugar: 5.21g (5.79%), Cholesterol: 73.71mg (24.57%), Sodium: 108.73mg (4.73%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 25.44g (50.89%), Vitamin C: 85.1mg (103.15%), Vitamin B1: 1.2mg (79.98%), Vitamin B6: 1.18mg (59.22%), Vitamin A: 2707.8IU (54.16%), Selenium: 35.85µg (51.21%), Vitamin B3:

8.58mg (42.88%), Phosphorus: 322.58mg (32.26%), Vitamin B2: 0.49mg (28.54%), Potassium: 727.78mg (20.79%), Zinc: 2.53mg (16.87%), Vitamin E: 2.24mg (14.95%), Fiber: 3.57g (14.26%), Vitamin B5: 1.27mg (12.68%), Magnesium: 49.5mg (12.38%), Iron: 2.19mg (12.14%), Manganese: 0.22mg (10.9%), Folate: 39.91µg (9.98%), Vitamin B12: 0.58µg (9.64%), Copper: 0.17mg (8.65%), Vitamin K: 6.02µg (5.73%), Calcium: 39.02mg (3.9%), Vitamin D: 0.23µg (1.51%)