



Chili-Rubbed Pork Kebabs with Pineapple Salsa



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons chili powder
- ☐ 1 cup cilantro leaves fresh roughly chopped
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1.8 teaspoons kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons olive oil

- ☐ 1 slices pineapple peeled
- ☐ 24 ounce pork loin boneless cut into 1-inch cubes

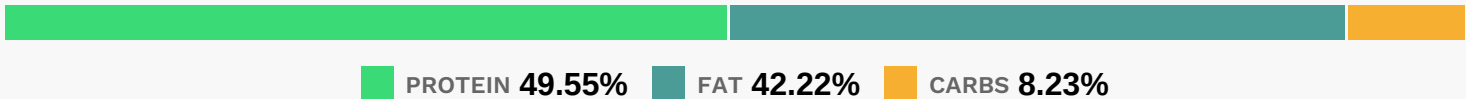
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Heat a grill to medium-high. Grill the pineapple slices for 2 minutes per side.
- ☐ Cut into a small dice, discarding the pieces of core. In a bowl, combine the pineapple, jalapeo, cilantro, lime juice, pepper, 1 tablespoon of the oil, and 3/4 teaspoon of the salt. Set aside.
- ☐ Combine the chili powder and the remaining teaspoon of salt in a large bowl.
- ☐ Add the pork and the remaining tablespoon of oil and toss to coat. Thread the pork onto four 12-inch skewers. Grill the kebabs, turning every 2 minutes, until cooked through, about 15 minutes total.
- ☐ Serve the kebabs alongside the pineapple salsa.Tip: To vary this recipe, substitute mango or papaya for the pineapple.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:1.51, Inflammation Score:-9, Nutrition Score:24.795652140742%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 317.01kcal (15.85%), Fat: 14.83g (22.81%), Saturated Fat: 3.24g (20.28%), Carbohydrates: 6.5g (2.17%), Net Carbohydrates: 3.86g (1.41%), Sugar: 2.74g (3.05%), Cholesterol: 107.16mg (35.72%), Sodium: 1201.54mg (52.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.15g (78.3%), Vitamin B6: 1.46mg (72.79%), Selenium: 48.42µg (69.18%), Vitamin B3: 10.67mg (53.35%), Vitamin B1: 0.79mg (52.68%), Vitamin A: 2101.39IU (42.03%), Phosphorus: 405.95mg (40.6%), Vitamin E: 3.76mg (25.04%), Potassium: 811.9mg (23.2%), Vitamin B2: 0.39mg (23%), Vitamin K: 23.98µg (22.84%), Zinc: 3.38mg (22.51%), Vitamin C: 16.44mg (19.92%), Manganese: 0.35mg (17.41%), Vitamin B12: 0.87µg (14.46%), Magnesium: 57.79mg (14.45%), Vitamin B5: 1.41mg (14.05%), Iron: 2.16mg (12%), Fiber: 2.64g (10.55%), Copper: 0.2mg (9.79%), Vitamin D: 0.68µg (4.54%), Calcium: 35.91mg (3.59%), Folate: 9.28µg (2.32%)