



Chuzos o Pinchos de Cerdo (Colombian Grilled Pork Skewers)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup beer
- ☐ 6 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 1 large onion chopped
- ☐ 2 pounds pork meat cut into pieces
- ☐ 6 servings salt and pepper black
- ☐ 4 scallions chopped

- ☐ 6 servings vegetable oil for brushing the skewers
- ☐ 0.3 cup water

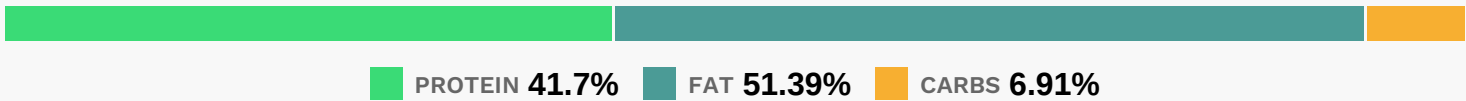
Equipment

- ☐ food processor
- ☐ grill
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Place the onion, garlic, scallion, ground cumin, beer, water, salt and pepper in the food processor.
- ☐ Place half of the marinade in a large zip lock plastic bag.
- ☐ Add the pork pieces and let it marinate for 24 hours or for at least overnight in the refrigerator. Store the remaining marinade in a container in the fridge.Preheat the grill to high. Thread the pork onto skewers and brush with vegetable oil.
- ☐ Brush the pork often with the remaining marinade while it's on the grill.rill until browned on all sides, 5 to 7 minutes total.
- ☐ Serve the skewers with a papa salada and small arepa.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:1.49, Inflammation Score:-5, Nutrition Score:18.14217387075%

Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg, Quercetin: 5.99mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 331.32kcal (16.57%), Fat: 18.05g (27.76%), Saturated Fat: 3.01g (18.83%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.73g (1.72%), Sugar: 1.28g (1.43%), Cholesterol: 96.77mg (32.26%), Sodium: 374.6mg (16.29%), Alcohol: 1.53g (100%), Alcohol %: 0.77% (100%), Protein: 32.95g (65.9%), Vitamin B3: 16.08mg (80.39%), Selenium: 49.24µg (70.34%), Vitamin B6: 1.22mg (61.2%), Vitamin K: 42.78µg (40.74%), Phosphorus: 339.48mg (33.95%), Vitamin B5: 2.23mg (22.25%), Potassium: 646.66mg (18.48%), Magnesium: 47.84mg (11.96%), Vitamin B2: 0.18mg (10.5%), Vitamin E: 1.5mg (9.97%), Vitamin B1: 0.12mg (8.18%), Vitamin C: 6.13mg (7.43%), Zinc: 1.01mg (6.71%), Manganese: 0.13mg (6.63%), Iron: 1.01mg (5.64%), Vitamin B12: 0.31µg (5.17%), Folate: 18.4µg (4.6%), Copper: 0.07mg (3.64%), Calcium: 29.59mg (2.96%), Fiber: 0.73g (2.92%), Vitamin A: 130.12IU (2.6%), Vitamin D: 0.15µg (1.01%)