



Cumin-Chile Pork Kebabs

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five-spice powder chinese
- ☐ 2 tablespoons cumin seeds
- ☐ 1 clove garlic roughly chopped
- ☐ 1 piece ginger peeled roughly chopped
- ☐ 1 jalapeno roughly chopped for less heat remove seeds
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 2 pork tenderloins trimmed cut into 1 1/2-to-2-inch pieces
- ☐ 1 tablespoon brown sugar light packed

- ☐ 0.3 cup rice vinegar not seasoned
- ☐ 4 scallions thinly sliced roughly chopped 3 , 1
- ☐ 1 teaspoon sesame oil toasted
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons vegetable oil plus more for brushing

Equipment

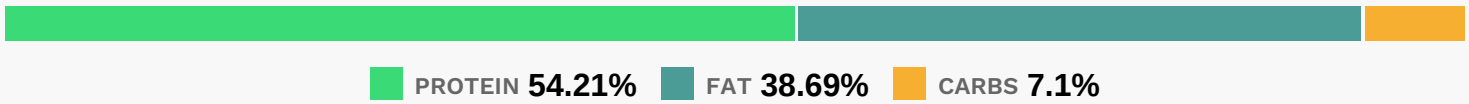
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak 12 long wooden skewers in water, at least 30 minutes. Meanwhile, toast the cumin seeds in a small skillet over medium heat, swirling the pan, until slightly golden, about 4 minutes.
- ☐ Transfer to a plate.
- ☐ Combine the 3 chopped scallions, the jalapeno, ginger, garlic, 1 tablespoon vegetable oil, the brown sugar, 2 teaspoons soy sauce, the five-spice powder, 3/4 teaspoon salt and 1/2 teaspoon pepper in a food processor and pulse until a paste forms.
- ☐ Add the toasted cumin seeds; pulse once or twice to crack them slightly.
- ☐ Lightly season the pork with salt and pepper; rub with about three-quarters of the cumin paste. Cover with plastic wrap and refrigerate at least 30 minutes and up to 1 hour.
- ☐ Combine 1 teaspoon of the remaining cumin paste, the remaining 1/4 cup soy sauce, the vinegar, sesame oil and 1 tablespoon water in a small bowl. Stir in the sliced scallion and set aside.
- ☐ Preheat a grill to medium.

- ☐
- Combine the remaining cumin paste and 2 tablespoons vegetable oil in a small bowl; set aside for basting. Generously brush the grill grates with vegetable oil. Thread 3 or 4 pieces of pork on each skewer and brush with vegetable oil. Grill the kebabs, turning, until marked all over, 6 to 9 minutes, basting with the cumin-oil mixture during the last minute.
- ☐
- Let rest 5 minutes before serving.
- ☐
- Drizzle with the sauce.
- ☐
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.34, Inflammation Score:-4, Nutrition Score:24.609999791436%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 279.1kcal (13.95%), Fat: 11.71g (18.01%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 4.83g (1.61%), Net Carbohydrates: 4.14g (1.51%), Sugar: 2.46g (2.73%), Cholesterol: 109.2mg (36.4%), Sodium: 828.64mg (36.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.91g (73.82%), Vitamin B1: 1.7mg (113.59%), Selenium: 52.17µg (74.53%), Vitamin B6: 1.36mg (68.06%), Vitamin B3: 11.81mg (59.05%), Phosphorus: 445.67mg (44.57%), Vitamin B2: 0.61mg (35.69%), Vitamin K: 29.71µg (28.29%), Zinc: 3.39mg (22.63%), Potassium: 773.81mg (22.11%), Iron: 3.61mg (20.06%), Magnesium: 60.55mg (15.14%), Vitamin B5: 1.48mg (14.84%), Vitamin B12: 0.86µg (14.28%), Copper: 0.2mg (10.06%), Manganese: 0.19mg (9.46%), Vitamin E: 1.13mg (7.55%), Vitamin C: 4.78mg (5.79%), Calcium: 42.81mg (4.28%), Fiber: 0.69g (2.77%), Vitamin A: 132.43IU (2.65%), Vitamin D: 0.34µg (2.24%), Folate: 7.92µg (1.98%)