



## Easy Grilled Pork Skewers

 **Gluten Free**  **Dairy Free**

READY IN



22 min.

SERVINGS



6

CALORIES



164 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon basil pesto
- 18 cherry tomatoes
- 1 tablespoon olive oil
- 1 onion cubed
- 1 lb pork chops boneless cut into 1-inch cubes
- 60 inch frangelico
- 60 inch frangelico

### Equipment

- bowl
- grill
- skewers
- grill pan

## Directions

- Heat grill pan over medium heat.
- On each skewer, thread onion, tomato and pork, repeating twice.
- In small bowl, mix pesto and olive oil.
- Brush mixture on skewers.
- Grill about 6 minutes on each side or until pork is no longer pink in center.

## Nutrition Facts

**PROTEIN 42.36%** **FAT 47.83%** **CARBS 9.81%**

## Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:11.032608825227%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

## Nutrients (% of daily need)

Calories: 163.99kcal (8.2%), Fat: 8.58g (13.2%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.25g (1.18%), Sugar: 2.13g (2.36%), Cholesterol: 50.85mg (16.95%), Sodium: 66.05mg (2.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.1g (34.2%), Selenium: 25.37µg (36.24%), Vitamin B1: 0.53mg (35.4%), Vitamin B3: 6.33mg (31.66%), Vitamin B6: 0.61mg (30.56%), Phosphorus: 190.45mg (19.04%), Vitamin C: 12.98mg (15.74%), Potassium: 419.95mg (12%), Vitamin B2: 0.16mg (9.18%), Zinc: 1.27mg (8.5%), Vitamin B12: 0.4µg (6.68%), Magnesium: 26.08mg (6.52%), Vitamin B5: 0.64mg (6.38%), Vitamin A: 303.18IU (6.06%), Vitamin E: 0.72mg (4.82%), Copper: 0.09mg (4.39%), Iron: 0.79mg (4.39%), Manganese: 0.08mg (4.12%), Fiber: 0.71g (2.83%), Vitamin K: 2.91µg (2.77%), Folate: 10.11µg (2.53%), Vitamin D: 0.3µg (2.02%), Calcium: 19.17mg (1.92%)