



Fiery Pork Skewers



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



145 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 0.8 pound pork tenderloin cut into 1 inch cubes
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 tablespoons teriyaki sauce
- ☐ 1 tablespoon vegetable oil

Equipment

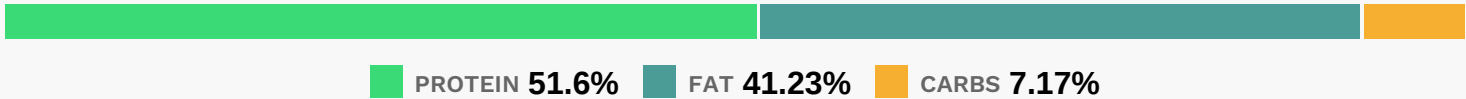
- ☐ bowl

- ☐ grill
- ☐ skewers

Directions

- ☐ In a medium bowl, mix teriyaki sauce, red wine vinegar, vegetable oil, brown sugar and red pepper flakes.
- ☐ Place pork tenderloin cubes in the mixture. Toss to coat.
- ☐ Preheat an outdoor grill for high heat and lightly oil grate.
- ☐ Place pork on skewers. Cook on the prepared grill, turning and brushing with the teriyaki sauce mixture frequently. Cook 10 to 12 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.454782598854%

Nutrients (% of daily need)

Calories: 145.34kcal (7.27%), Fat: 6.44g (9.91%), Saturated Fat: 1.53g (9.56%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.42g (0.88%), Sugar: 2.26g (2.51%), Cholesterol: 55.28mg (18.43%), Sodium: 393.61mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.13g (36.27%), Vitamin B1: 0.84mg (55.9%), Selenium: 25.93µg (37.05%), Vitamin B6: 0.67mg (33.26%), Vitamin B3: 5.77mg (28.83%), Phosphorus: 221.62mg (22.16%), Vitamin B2: 0.3mg (17.37%), Zinc: 1.61mg (10.74%), Potassium: 362.16mg (10.35%), Vitamin B12: 0.44µg (7.37%), Vitamin B5: 0.73mg (7.33%), Magnesium: 29.07mg (7.27%), Vitamin K: 6.52µg (6.21%), Iron: 1.05mg (5.81%), Copper: 0.09mg (4.4%), Vitamin E: 0.56mg (3.74%), Vitamin D: 0.26µg (1.7%), Vitamin A: 75.83IU (1.52%)