



 **70%**
HEALTH SCORE

Garlic Pork Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound pork loin boneless cut into 1-inch cubes
- 1 tablespoon brown sugar packed
- 4 cherry tomatoes
- 1.8 cups chicken stock see swanson®
- 2 tablespoons cornstarch
- 2 cloves garlic minced
- 1 tablespoon catsup
- 12 medium mushrooms

- 1 large onion red cut into 12 wedges
- 4 cups rice long-grain white hot cooked
- 2 teaspoons vinegar

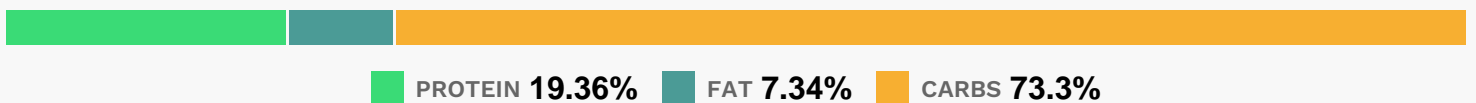
Equipment

- sauce pan
- grill
- skewers

Directions

- Stir the stock, cornstarch, brown sugar, ketchup and vinegar in a 1-quart saucepan until the mixture is smooth. Cook and stir over medium-high heat until the mixture boils and thickens.
- Remove the saucepan from the heat.
- Thread alternately the pork, mushrooms and onion onto 4 skewers.
- Lightly oil the grill rack and heat the grill to medium. Grill the kabobs for 20 minutes or until the pork is cooked through, turning and brushing often with the stock mixture.
- Place 1 tomato onto the end of each skewer.
- Heat the remaining stock mixture over medium heat to a boil.
- Serve with the kabobs and rice.

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:90.12, Inflammation Score:-5, Nutrition Score:30.615652130998%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 921.79kcal (46.09%), Fat: 7.33g (11.27%), Saturated Fat: 2.13g (13.3%), Carbohydrates: 164.74g (54.91%), Net Carbohydrates: 161.13g (58.59%), Sugar: 8.26g (9.18%), Cholesterol: 74.59mg (24.86%), Sodium: 256.15mg (11.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.51g (87.01%), Manganese: 2.13mg (106.68%), Selenium: 67.3µg (96.14%), Vitamin B6: 1.35mg (67.6%), Vitamin B3: 13.27mg (66.36%), Phosphorus: 559.43mg (55.94%), Vitamin B1: 0.73mg (48.97%), Vitamin B2: 0.63mg (36.95%), Copper: 0.74mg (36.79%), Vitamin B5: 3.6mg (36%), Zinc: 4.58mg (30.56%), Potassium: 1016.75mg (29.05%), Magnesium: 90.35mg (22.59%), Iron: 2.84mg (15.75%), Fiber: 3.61g (14.44%), Vitamin B12: 0.6µg (10%), Vitamin C: 7.88mg (9.55%), Folate: 37.08µg (9.27%), Calcium: 76.43mg (7.64%), Vitamin D: 0.56µg (3.74%), Vitamin E: 0.54mg (3.63%), Vitamin A: 106.2IU (2.12%), Vitamin K: 1.12µg (1.07%)