



Ginger-Orange Pork Skewers



Gluten Free



Dairy Free

READY IN



160 min.

SERVINGS



20

CALORIES



96 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup spring onion chopped
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.3 cup orange juice dry
- ☐ 1 cup orange marmalade
- ☐ 1.8 lb pork tenderloin cut into 1-inch cubes
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil

- ☐ 20 frangelico (6 to 8 inch)
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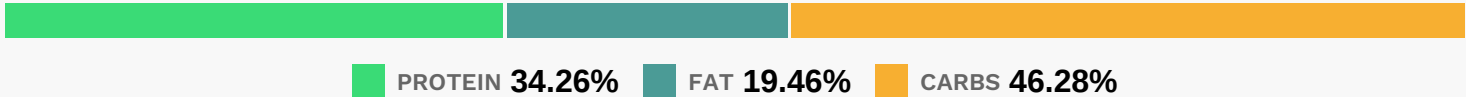
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ In small bowl, mix all ingredients except pork and skewers.
- ☐ Place pork cubes in resealable plastic food-storage bag.
- ☐ Pour half of the marmalade mixture over pork; seal bag. Refrigerate 2 to 3 hours, turning bag occasionally. Refrigerate remaining marmalade mixture to use as dipping sauce.
- ☐ Meanwhile, soak skewers in water 30 minutes to prevent burning.
- ☐ Set oven control to broil. Line 15x10x1-inch pan with foil or cooking parchment paper; lightly spray foil or paper with cooking spray.
- ☐ Remove pork from marinade. Discard any remaining marinade. Thread 2 pork cubes on end of each skewer.
- ☐ Place in pan.
- ☐ Broil with tops 4 to 6 inches from heat 5 minutes. Turn skewers; broil about 5 minutes longer or just until pork is no longer pink in center. Meanwhile, heat remaining marmalade mixture in 1-quart saucepan over medium heat, stirring occasionally, until bubbly; use as dipping sauce.

Nutrition Facts



Properties

Glycemic Index:5.95, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:5.6465217471123%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 95.67kcal (4.78%), Fat: 2.1g (3.23%), Saturated Fat: 0.58g (3.6%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 11.05g (4.02%), Sugar: 10.02g (11.13%), Cholesterol: 25.8mg (8.6%), Sodium: 61.02mg (2.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.61%), Vitamin B1: 0.4mg (26.33%), Selenium: 12.18µg (17.39%), Vitamin B6: 0.31mg (15.49%), Vitamin B3: 2.66mg (13.31%), Phosphorus: 98.49mg (9.85%), Vitamin B2: 0.14mg (8.25%), Zinc: 0.76mg (5.08%), Potassium: 175.51mg (5.01%), Vitamin C: 3.19mg (3.87%), Vitamin K: 3.85µg (3.67%), Vitamin B5: 0.34mg (3.44%), Vitamin B12: 0.21µg (3.44%), Magnesium: 11.98mg (3%), Copper: 0.05mg (2.66%), Iron: 0.45mg (2.49%), Manganese: 0.03mg (1.43%), Vitamin E: 0.16mg (1.07%), Calcium: 10.17mg (1.02%)