



Greek Pork Kebabs with Black Olive Sauce

 Gluten Free  Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided
- 0.3 cup less-sodium chicken broth fat-free
- 1 tablespoon flat parsley fresh chopped
- 3 garlic cloves divided minced
- 1.5 tablespoons kalamata olives diced pitted
- 1 pound pork tenderloin trimmed cut into 1-inch pieces
- 3 tablespoons juice of lemon fresh divided
- 1.5 teaspoons lemon rind divided grated

- 1 tablespoon olive oil divided
- 1 large bell pepper red cut into 1 1/2-inch pieces
- 1 large onion red cut into 1 1/2-inch pieces
- 0.3 teaspoon salt

Equipment

- whisk
- grill
- ziploc bags
- skewers

Directions

- Combine 1 teaspoon lemon rind, 2 tablespoons lemon juice, 1 teaspoon olive oil, 1/4 teaspoon black pepper, and 2 garlic cloves in a large zip-top plastic bag.
- Add pork; seal bag, and marinate in refrigerator 2 hours, turning bag occasionally.
- . Prepare grill.
- Remove pork from bag; discard marinade. Thread pork, bell pepper, and onion alternately onto each of 4 (12-inch) skewers.
- Sprinkle with salt.
- Place skewers on grill rack coated with cooking spray. Cover and grill 13 minutes or until pork is slightly pink, turning occasionally.
- Remove from grill; keep warm.
- Combine remaining 1/2 teaspoon lemon rind, remaining 1 tablespoon lemon juice, remaining 2 teaspoons olive oil, remaining 1/4 teaspoon pepper, remaining 1 garlic clove, chicken broth, parsley, and olives; stir well with a whisk.
- Serve sauce over kebabs.

Nutrition Facts



Properties

Glycemic Index:38.25, Glycemic Load:1.33, Inflammation Score:-8, Nutrition Score:22.647826080737%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 188.29kcal (9.41%), Fat: 6.65g (10.23%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.36g (1.95%), Sugar: 3.27g (3.64%), Cholesterol: 73.71mg (24.57%), Sodium: 314.23mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Vitamin B1: 1.18mg (78.46%), Vitamin C: 61.87mg (74.99%), Vitamin B6: 1.07mg (53.62%), Selenium: 35.79µg (51.13%), Vitamin B3: 8.14mg (40.72%), Phosphorus: 305.82mg (30.58%), Vitamin A: 1382.91IU (27.66%), Vitamin B2: 0.44mg (25.85%), Vitamin K: 21.12µg (20.11%), Potassium: 615.37mg (17.58%), Zinc: 2.34mg (15.63%), Vitamin B5: 1.18mg (11.79%), Vitamin E: 1.55mg (10.34%), Magnesium: 41.04mg (10.26%), Vitamin B12: 0.61µg (10.11%), Manganese: 0.17mg (8.64%), Iron: 1.54mg (8.56%), Folate: 28.29µg (7.07%), Copper: 0.14mg (7.01%), Fiber: 1.68g (6.74%), Calcium: 25.36mg (2.54%), Vitamin D: 0.23µg (1.51%)