



Grilled Barbecue Pork Bites



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



93 kcal

SIDE DISH

Ingredients

- ☐ 0.8 lb pork tenderloin
- ☐ 1 tablespoon chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon brown sugar packed
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup salad dressing
- ☐ 0.5 teaspoon ground mustard

☐ 1 tablespoon spring onion finely chopped

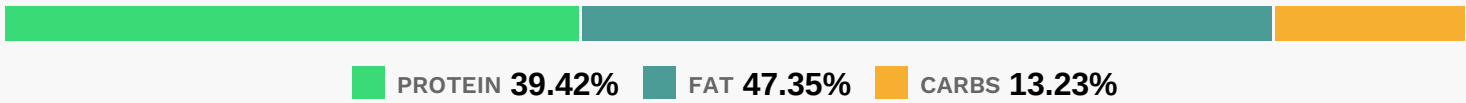
Equipment

- ☐ bowl
- ☐ toothpicks
- ☐ grill
- ☐ wok

Directions

- ☐ Cut pork into 32 (1-inch) pieces; place in medium bowl. In small bowl, mix chili powder, cumin, brown sugar, garlic powder and red pepper. Reserve 2 teaspoons spice mixture; sprinkle remaining mixture over pork pieces; stir to coat completely.
- ☐ Let stand 15 minutes.
- ☐ In small bowl, mix mayonnaise, mustard, reserved 2 teaspoons spice mixture and the onion; set aside.
- ☐ Heat gas or charcoal grill. Spray grill basket (grill “wok”) with cooking spray. Spoon pork into basket.
- ☐ Place basket on grill. Cover grill; cook over medium heat 10 to 12 minutes, shaking basket or stirring pork once or twice, until pork is no longer pink in center.
- ☐ Serve with toothpicks and mayonnaise mixture for dipping.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:6.9669564742109%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 93.22kcal (4.66%), Fat: 4.85g (7.46%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.63g (0.95%), Sugar: 2.18g (2.42%), Cholesterol: 27.64mg (9.21%), Sodium: 185.12mg (8.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.09g (18.17%), Vitamin B1: 0.43mg (28.43%), Selenium: 13.69µg (19.56%), Vitamin B6: 0.36mg (18.01%), Vitamin B3: 2.97mg (14.86%), Phosphorus: 111.6mg (11.16%), Vitamin K: 10.88µg (10.36%), Vitamin B2: 0.15mg (9.11%), Vitamin A: 326.33IU (6.53%), Potassium: 208.83mg (5.97%), Zinc: 0.87mg (5.83%), Vitamin E: 0.83mg (5.5%), Iron: 0.82mg (4.57%), Magnesium: 15.4mg (3.85%), Vitamin B12: 0.22µg (3.69%), Vitamin B5: 0.37mg (3.68%), Copper: 0.06mg (2.75%), Manganese: 0.04mg (2.1%), Fiber: 0.43g (1.7%), Calcium: 11.5mg (1.15%)