Grilled Barbecued Pork with Vegetable Kabobs

Gluten Free Dairy Free

READY IN	SERVINGS	CALORIES
33 min.	6	368 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 3 tablespoons barbecue sauce
- [ ] 6 ears corn frozen thawed cut in half
- [ ] 4 cloves garlic minced
- [ ] 0.5 cup maple syrup
- [ ] 1 large onion cut into 6 wedges
- [ ] 3 tablespoons onion finely chopped
- [ ] 24 ounce pork loin chops boneless lean
- [ ] 2 bell pepper sweet red seeded cut into 2-inch pieces

- [ ] 0.3 cup red wine vinegar

Equipment

- [ ] sauce pan
- [ ] grill
- [ ] ziploc bags
- [ ] skewers
- [ ] metal skewers

Directions

- [ ] Cut each pork chop into 1/2-inch-thick strips; place pork in a large heavy-duty, zip-top plastic bag.
- [ ] Combine syrup and next 4 ingredients; pour over pork. Seal bag; turn bag to coat pork. Marinate in refrigerator 8 hours, turning occasionally.
- [ ] Remove pork from marinade, reserving marinade.
- [ ] Place marinade in a small saucepan; bring to a boil, and remove from heat. Thread pork, corn, and pepper alternately onto 8 (10-inch) metal skewers. Thread onion separately onto 1 (10-inch) skewer.
- [ ] Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- [ ] Place pork and vegetable kabobs and onion kabob on rack; grill, covered, 12 minutes or until meat is done, turning once and basting with reserved marinade.
- [ ] Remove pork and vegetable kabobs from grill. Grill onion kabob, covered, 3 to 5 additional minutes or until tender, turning once and basting with reserved marinade.

Nutrition Facts

PROTEIN **30.24%** FAT **22.36%** CARBS **47.4%**

Properties

Glycemic Index:25.42, Glycemic Load:7.9, Inflammation Score:-9, Nutrition Score:26.051304485487%

Flavonoids

Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg, Quercetin: 6.22mg

Nutrients (% of daily need)

Calories: 367.85kcal (18.39%), Fat: 9.3g (14.31%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 44.36g (14.79%), Net Carbohydrates: 41.1g (14.95%), Sugar: 27.58g (30.64%), Cholesterol: 75.98mg (25.33%), Sodium: 164.39mg (7.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.61%), Vitamin C: 59.84mg (72.53%), Vitamin B1: 0.95mg (63.65%), Vitamin B3: 11.16mg (55.81%), Selenium: 38.66µg (55.23%), Vitamin B6: 1.09mg (54.49%), Manganese: 0.9mg (45.2%), Vitamin B2: 0.65mg (38.18%), Phosphorus: 361mg (36.1%), Vitamin A: 1435.18IU (28.7%), Potassium: 886.05mg (25.32%), Magnesium: 78.21mg (19.55%), Zinc: 2.55mg (17%), Vitamin B5: 1.66mg (16.59%), Folate: 61.98µg (15.5%), Fiber: 3.26g (13.06%), Vitamin B12: 0.6µg (10.02%), Iron: 1.43mg (7.96%), Copper: 0.14mg (7.19%), Vitamin E: 0.91mg (6.1%), Calcium: 55.77mg (5.58%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.53µg (2.4%)