



HEALTH SCORE

71%

Grilled Chinese Sweet and Sour Pork Kabobs



Gluten Free



Dairy Free



Very Healthy

READY IN



38 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon sesame oil dark
- ☐ 1.5 tablespoons ginger freshly grated
- ☐ 2 bell peppers green cut into 1- to 1 1/2-inch pieces
- ☐ 6 servings sauce sweet sour
- ☐ 2 tablespoons mirin dry (Japanese rice wine)
- ☐ 1 pineapple divided cut into 1- to 1 1/2-inch chunks,
- ☐ 2 pounds pork loin cut into 1- to 1 1/2-inch pieces
- ☐ 1 bell pepper red cut into 1- to 1 1/2-inch pieces

- ☐ 1 onion red cut into 1- to 1 1/2-inch pieces
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 12 inch wooden skewers
- ☐ 12 inch wooden skewers

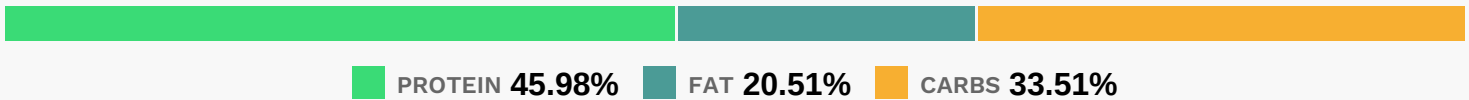
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water at least 30 minutes.
- ☐ Place 1 cup pineapple chunks in a blender with 1 tablespoon water; puree.
- ☐ Combine 3 tablespoons pineapple puree with soy sauce and next 4 ingredients in a large bowl. (Save remaining puree for sauce.)
- ☐ Add pork, and marinate 1 hour. (Do not marinate longer.)
- ☐ Remove meat from marinade, discarding marinade. Thread pork onto skewers, alternating with peppers, onion, and remaining pineapple.
- ☐ Grill kabobs on greased grill rack over medium heat (325 to 350°F)
- ☐ for 5 minutes.
- ☐ Brush kabobs with Sweet and Sour Sauce, and grill 5 minutes or until done.
- ☐ Serve remaining sauce on the side.

Nutrition Facts



Properties

Glycemic Index:37.96, Glycemic Load:11.65, Inflammation Score:-8, Nutrition Score:28.446521914524%

Flavonoids

Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg, Quercetin: 4.86mg

Nutrients (% of daily need)

Calories: 314.1kcal (15.71%), Fat: 7.15g (11.01%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 22.69g (8.25%), Sugar: 18.45g (20.5%), Cholesterol: 95.25mg (31.75%), Sodium: 425.71mg (18.51%), Alcohol: 0.47g (100%), Alcohol %: 0.15% (100%), Protein: 36.08g (72.16%), Vitamin C: 130.82mg (158.57%), Manganese: 1.54mg (76.85%), Vitamin B6: 1.49mg (74.69%), Selenium: 42.21µg (60.3%), Vitamin B1: 0.83mg (55.65%), Vitamin B3: 10.1mg (50.48%), Phosphorus: 379.06mg (37.91%), Potassium: 887.91mg (25.37%), Vitamin B2: 0.37mg (21.99%), Zinc: 3.07mg (20.44%), Magnesium: 68.74mg (17.19%), Vitamin A: 855.6IU (17.11%), Vitamin B5: 1.6mg (15.99%), Copper: 0.3mg (15.12%), Fiber: 3.6g (14.39%), Vitamin B12: 0.77µg (12.85%), Folate: 45µg (11.25%), Iron: 1.67mg (9.26%), Vitamin K: 5.13µg (4.88%), Vitamin E: 0.7mg (4.7%), Vitamin D: 0.6µg (4.03%), Calcium: 38.23mg (3.82%)