



Grilled Greek Pork Kabobs

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup balsamic vinaigrette salad dressing
- 1 tablespoon parsley fresh chopped
- 1 pound pork loin boneless cut into 1-inch cubes
- 1 onion red cut into 8 wedges
- 1 large bell pepper green red cut into 8 pieces

Equipment

- bowl
- grill

metal skewers

Directions

Heat coals or gas grill for direct heat.

Mix dressing and parsley in large bowl; stir in pork, onion and bell pepper. Thread pork, onion and bell pepper alternately on each of four 15-inch metal skewers, leaving 1/4-inch space between each piece. Reserve remaining dressing in bowl.

Cover and grill kabobs 4 to 6 inches from medium heat 10 to 15 minutes, turning kabobs 2 or 3 times and brushing with dressing during last 5 minutes of grilling, until pork is no longer pink in center. Discard any remaining dressing.

Nutrition Facts

 **PROTEIN 33.77%**  **FAT 59.35%**  **CARBS 6.88%**

Properties

Glycemic Index:17.25, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:17.347391460253%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg, Quercetin: 6.49mg

Nutrients (% of daily need)

Calories: 309.56kcal (15.48%), Fat: 20.37g (31.33%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.12g (1.5%), Sugar: 2.94g (3.27%), Cholesterol: 71.44mg (23.81%), Sodium: 58.77mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.07g (52.15%), Vitamin B6: 0.98mg (49.09%), Vitamin K: 50.42µg (48.02%), Selenium: 32.05µg (45.79%), Vitamin C: 36.33mg (44.04%), Vitamin B1: 0.54mg (35.95%), Vitamin B3: 6.76mg (33.78%), Phosphorus: 271.9mg (27.19%), Potassium: 544.05mg (15.54%), Zinc: 2.15mg (14.35%), Vitamin B2: 0.23mg (13.64%), Vitamin E: 1.75mg (11.68%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.92mg (9.23%), Magnesium: 36.83mg (9.21%), Copper: 0.1mg (5.25%), Iron: 0.87mg (4.84%), Fiber: 1.2g (4.79%), Manganese: 0.09mg (4.75%), Vitamin A: 236.49IU (4.73%), Vitamin D: 0.45µg (3.02%), Folate: 10.85µg (2.71%), Calcium: 17.47mg (1.75%)