



Grilled Jerk-Marinated Pork Kebabs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups cherry tomatoes
- ☐ 1 teaspoon thyme dried
- ☐ 1 bell pepper green cut into 1-inch pieces
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground pepper red

- ☐ 2 tablespoons jalapeno minced (1)
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pound pork tenderloins trimmed cut into 1-inch cubes
- ☐ 1 tablespoon soy sauce low-sodium
- ☐ 1 cup pineapple (1-inch)
- ☐ 1 small onion red cut into 1/2-inch pieces

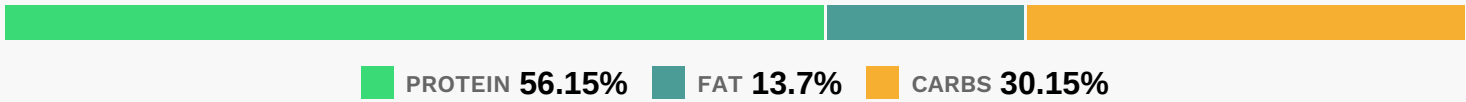
Equipment

- ☐ grill
- ☐ ziploc bags
- ☐ wooden skewers

Directions

- ☐ Combine jalapeo and next 8 ingredients (through pork) in a large zip-top plastic bag. Seal; marinate in refrigerator 1 1/2 hours, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Remove pork from bag; discard marinade. Thread pork, tomatoes, pineapple, bell pepper, and onion alternately onto each of 8 (12-inch) wooden skewers.
- ☐ Place on a grill rack coated with cooking spray, and grill 10 minutes, turning once.
- ☐ Sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:62.92, Glycemic Load:3.66, Inflammation Score:-8, Nutrition Score:24.76043494888%

Flavonoids

Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.2mg,

Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 182.89kcal (9.14%), Fat: 2.79g (4.3%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 11.15g (4.05%), Sugar: 8.18g (9.09%), Cholesterol: 73.71mg (24.57%), Sodium: 360.84mg (15.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.77g (51.54%), Vitamin C: 71.93mg (87.18%), Vitamin B1: 1.23mg (81.86%), Vitamin B6: 1.13mg (56.63%), Selenium: 35.59µg (50.84%), Vitamin B3: 8.54mg (42.71%), Manganese: 0.69mg (34.36%), Phosphorus: 329mg (32.9%), Vitamin B2: 0.45mg (26.58%), Potassium: 800.27mg (22.86%), Zinc: 2.46mg (16.38%), Vitamin A: 696.01IU (13.92%), Magnesium: 53.75mg (13.44%), Iron: 2.36mg (13.11%), Vitamin B5: 1.25mg (12.47%), Copper: 0.25mg (12.37%), Fiber: 2.69g (10.77%), Vitamin K: 11.05µg (10.52%), Vitamin B12: 0.58µg (9.64%), Vitamin E: 1.18mg (7.85%), Folate: 30.15µg (7.54%), Calcium: 40.51mg (4.05%), Vitamin D: 0.23µg (1.51%)