



Grilled Mini Pork Skewers

 **Gluten Free**

READY IN

ready

150 min.

SERVINGS

servings

6

CALORIES

calories

208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 belgian endive spear separated
- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 0.8 cup cream sherry such as bristol cream
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup heavy whipping cream
- ☐ 1 teaspoon kosher salt
- ☐ 1 pound pork tenderloin trimmed cut into 34 to 30 3/4-inch cubes

- ☐ 3 tablespoons juice of lemon fresh 1 large lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons oregano dried
- ☐ 1 tablespoon paprika smoked

Equipment

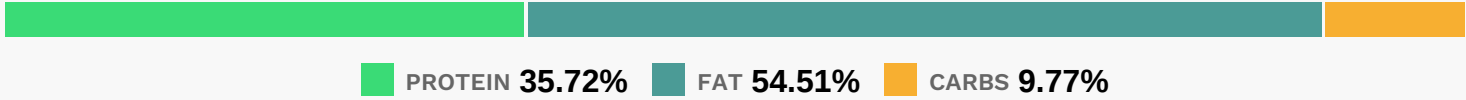
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: eight to ten 4-inch wooden skewers
- ☐ In a medium bowl, whisk together the sherry, lemon juice, oregano, paprika, cumin, 3/4 teaspoon salt, 1/2 teaspoon pepper and the garlic.
- ☐ Place the pork in a medium glass bowl.
- ☐ Pour half of the marinade over the pork.
- ☐ Add the oil and toss to coat. Cover and refrigerate for 1 to 2 hours.
- ☐ Pour the remaining marinade into a small saucepan.
- ☐ Add the cream, remaining 1/4 teaspoon salt and 1/4 teaspoon pepper, and bring to a boil over medium heat. Boil until the sauce is thick enough to coat the back of a spoon, 4 to 5 minutes.
- ☐ Spray a grill pan or grilling rack with nonstick spray.
- ☐ Place the grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Remove the pork from the marinade. Discard the marinade. Thread 3 pieces of pork onto each skewer. Grill the skewers until the pork is golden and cooked through, about 4 minutes per side.

- ☐
- Place a skewer in each endive leaf.
- ☐
- Drizzle the skewers with sauce and serve.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.35, Inflammation Score:-9, Nutrition Score:14.061304382656%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 208.18kcal (10.41%), Fat: 11.42g (17.57%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.08g (1.2%), Cholesterol: 64.08mg (21.36%), Sodium: 435.14mg (18.92%), Alcohol: 3.09g (100%), Alcohol %: 2.69% (100%), Protein: 16.84g (33.67%), Vitamin B1: 0.78mg (51.87%), Selenium: 24.13µg (34.47%), Vitamin B6: 0.68mg (33.87%), Vitamin B3: 5.34mg (26.69%), Phosphorus: 213.18mg (21.32%), Vitamin B2: 0.32mg (18.69%), Vitamin A: 806.09IU (16.12%), Vitamin K: 15.1µg (14.38%), Potassium: 424.89mg (12.14%), Manganese: 0.23mg (11.35%), Iron: 2.02mg (11.24%), Zinc: 1.65mg (10.98%), Vitamin E: 1.63mg (10.87%), Magnesium: 34.28mg (8.57%), Vitamin B5: 0.77mg (7.66%), Vitamin B12: 0.41µg (6.78%), Fiber: 1.54g (6.17%), Calcium: 53.84mg (5.38%), Copper: 0.11mg (5.31%), Vitamin C: 3.77mg (4.57%), Folate: 10.24µg (2.56%), Vitamin D: 0.36µg (2.42%)