



WHATSheATE



Grilled Pork and Sweet Potato Kabobs



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rosemary leaves fresh finely chopped
- ☐ 0.3 cup orange marmalade
- ☐ 0.5 lb pork tenderloin cut into 1-inch pieces
- ☐ 0.3 teaspoon salt
- ☐ 0.5 lb sweet potatoes and into peeled cut into 8 pieces
- ☐ 2 tablespoons water
- ☐ 1 small zucchini cut into 8 slices

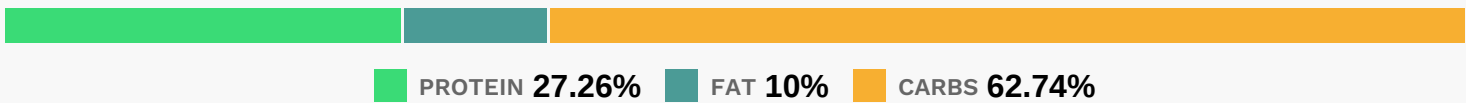
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ microwave
- ☐ metal skewers

Directions

- ☐ Heat gas or charcoal grill. In 1-quart saucepan, heat marmalade, rosemary and salt to boiling, stirring frequently.
- ☐ Remove from heat; set aside.
- ☐ In 1-quart microwavable bowl, place sweet potato pieces and water. Cover loosely with microwavable paper towel. Microwave on High 2 to 3 minutes, stirring once, just until potatoes are tender (do not overcook).
- ☐ Drain sweet potatoes; rinse with cold water.
- ☐ On each of four 10- to 12-inch metal skewers, carefully thread pork, sweet potatoes and zucchini (with cut side facing out) alternately, leaving 1/4-inch space between each piece.
- ☐ Cover and grill kabobs over medium heat 8 to 10 minutes, turning once and brushing with marmalade glaze during last 3 minutes, until pork is no pink in center.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:11.45, Inflammation Score:-10, Nutrition Score:26.453913004502%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 374.9kcal (18.74%), Fat: 4.25g (6.54%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 55.65g (20.24%), Sugar: 38.22g (42.46%), Cholesterol: 73.71mg (24.57%), Sodium: 447.37mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.07g (52.15%), Vitamin A: 16242.58IU (324.85%), Vitamin B1: 1.23mg (82.08%), Vitamin B6: 1.21mg (60.55%), Selenium: 35.48µg (50.68%), Vitamin B3: 8.42mg (42.11%), Phosphorus: 353.44mg (35.34%), Vitamin B2: 0.52mg (30.6%), Potassium: 1001.92mg (28.63%), Manganese: 0.42mg (21.24%), Vitamin B5: 1.99mg (19.85%), Vitamin C: 15.85mg (19.22%), Zinc: 2.67mg (17.82%), Copper: 0.35mg (17.71%), Magnesium: 70.86mg (17.71%), Fiber: 4.37g (17.49%), Iron: 2.1mg (11.64%), Vitamin B12: 0.59µg (9.83%), Folate: 31.49µg (7.87%), Calcium: 71.32mg (7.13%), Vitamin K: 4.58µg (4.36%), Vitamin E: 0.65mg (4.31%), Vitamin D: 0.34µg (2.27%)