



 **89%**
HEALTH SCORE

Grilled Pork Kabobs

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



699 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb pork loin boneless trimmed of fat ()
- 0.5 teaspoon pork rub dried
- 2 small zucchini cut into 12 (1-inch) pieces
- 8 medium mushrooms
- 1 medium bell pepper red cut into 12 pieces
- 0.5 cup apricot preserves
- 1 tablespoon apple cider vinegar

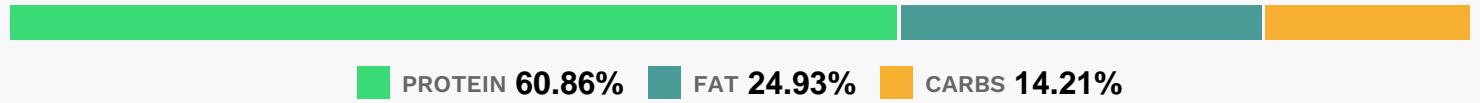
Equipment

- bowl
- grill
- metal skewers

Directions

- Heat grill.
- Sprinkle both sides of each pork chop with seasoned salt; cut each chop into 4 pieces. Alternately thread pork pieces, zucchini, mushrooms and bell pepper evenly onto four 12 to 14-inch metal skewers. In small bowl, combine preserves and vinegar; blend well.
- When ready to grill, place kabobs on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals.
- Brush with preserves mixture. Cook 5 minutes. Turn kabobs; brush with remaining preserves mixture. Cook an additional 5 to 7 minutes or until pork is no longer pink. If desired, serve over hot cooked rice.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.84, Inflammation Score:-8, Nutrition Score:42.757825872172%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 698.67kcal (34.93%), Fat: 18.92g (29.11%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 22.55g (8.2%), Sugar: 16.31g (18.12%), Cholesterol: 285.76mg (95.25%), Sodium: 242.15mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 103.95g (207.89%), Selenium: 129.78µg (185.4%), Vitamin B6: 3.66mg (182.94%), Vitamin B3: 27.94mg (139.72%), Vitamin B1: 2.08mg (138.85%), Phosphorus: 1083.94mg (108.39%), Vitamin B2: 1.08mg (63.61%), Vitamin C: 52.07mg (63.12%), Potassium: 2057.4mg (58.78%), Zinc: 8.65mg (57.69%), Vitamin B5: 4.14mg (41.39%), Vitamin B12: 2.33µg (38.8%), Magnesium: 138.11mg (34.53%), Vitamin A: 1126.31IU (22.53%), Copper: 0.45mg (22.45%), Iron: 3.35mg (18.59%), Vitamin D: 1.89µg (12.58%),

Manganese: 0.25mg (12.49%), Folate: 35.11µg (8.78%), Vitamin K: 8.96µg (8.53%), Vitamin E: 1.18mg (7.87%), Fiber: 1.73g (6.93%), Calcium: 47.6mg (4.76%)