



HEALTH SCORE

87%

Honey Mustard Pork Kabobs



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



210 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 bell peppers assorted cut into 1-inch pieces
- ☐ 2 teaspoons seasoned pepper black
- ☐ 1.7 lb honey mustard pork loin trimmed cut into 1 1/2-inch pieces
- ☐ 3 small onions red quartered
- ☐ 6 servings garnish: thyme sprigs fresh
- ☐ 72 inch metal skewers
- ☐ 72 inch metal skewers

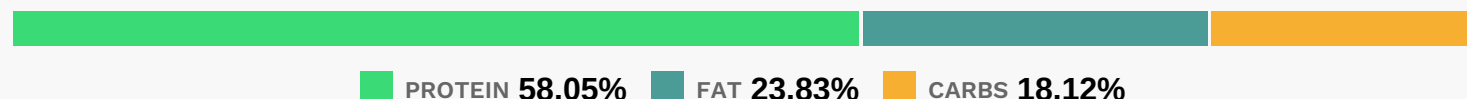
Equipment

- ☐ whisk
- ☐ grill
- ☐ ziploc bags
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes to prevent burning.
- ☐ Thread pork, peppers, and onions alternately onto skewers.
- ☐ Sprinkle kabobs evenly with seasoned pepper; lightly coat with cooking spray.
- ☐ Grill kabobs, covered with grill lid, over medium heat (300 to 350°F)
- ☐ to 8 minutes on each side or until done.
- ☐ Garnish, if desired.
- ☐ Cajun Turkey Kabobs: Substitute 1 1/2 lb. turkey tenderloin for pork loin and 2 Tbsp. Cajun seasoning for seasoned pepper. Proceed with recipe as directed.
- ☐ Caribbean Pork Kabobs: Substitute 1 1/2 lb. pork tenderloin for pork loin and 2 Tbsp. Caribbean Jerk seasoning for seasoned pepper. Proceed with recipe as directed. Squeeze juice from 1 large lime over kabobs just before serving.
- ☐ Spicy Chicken Kabobs: Substitute 1 1/2 lb. chicken tenderloin for pork loin.
- ☐ Whisk together 1/3 cup peanut butter, 1/3 cup water, 1/4 cup soy sauce, 3 Tbsp. brown sugar, 3 minced garlic cloves, 1 Tbsp. grated lime rind, and 1 tsp. dried crushed red pepper flakes.
- ☐ Place chicken in a large zip-top plastic bag; pour peanut butter mixture over chicken. Seal bag, and chill at least 30 minutes or up to 4 hours.
- ☐ Remove chicken from marinade, discarding marinade. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:22.533043705899%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg, Quercetin: 11.3mg

Nutrients (% of daily need)

Calories: 209.8kcal (10.49%), Fat: 5.49g (8.45%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 6.9g (2.51%), Sugar: 4.84g (5.37%), Cholesterol: 80.97mg (26.99%), Sodium: 67.78mg (2.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.19%), Vitamin C: 81.83mg (99.19%), Vitamin B6: 1.21mg (60.74%), Selenium: 35.97µg (51.38%), Vitamin B1: 0.63mg (41.86%), Vitamin B3: 8.06mg (40.28%), Vitamin A: 1915.2IU (38.3%), Phosphorus: 322.7mg (32.27%), Potassium: 701.45mg (20.04%), Vitamin B2: 0.31mg (18.33%), Zinc: 2.58mg (17.21%), Manganese: 0.25mg (12.44%), Vitamin B5: 1.23mg (12.27%), Magnesium: 48.79mg (12.2%), Vitamin B12: 0.66µg (10.92%), Fiber: 2.49g (9.97%), Folate: 38.38µg (9.6%), Vitamin E: 1.13mg (7.5%), Iron: 1.3mg (7.25%), Copper: 0.12mg (6.03%), Vitamin K: 4.23µg (4.03%), Vitamin D: 0.51µg (3.43%), Calcium: 30.24mg (3.02%)