



Honey-Mustard Pork Skewers

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



8

CALORIES



146 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bell peppers cored seeded cut into 1-inch squares
- 0.3 cup dijon mustard
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1.5 lb pork tenderloin halved lengthwise cut into 1-inch cubes
- 8 servings salt and pepper

Equipment

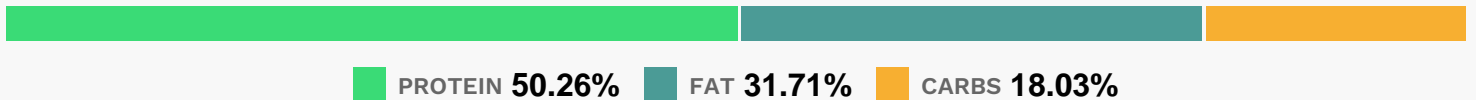
- bowl

- frying pan
- grill
- aluminum foil
- broiler
- skewers

Directions

- Stir mustard, honey and oil in a large bowl until smooth.
- Add pork cubes and toss to coat. Set aside at room temperature. Soak 8 bamboo skewers in cold water for 20 minutes.
- Preheat broiler to high and line a broiling pan with foil. (Alternatively, light a charcoal fire and let it burn to gray ash.) Divide pork and peppers into 8 portions and skewer cubes, alternating with squares of pepper (begin and end with pepper; use about 6 pepper pieces and 5 pork chunks per skewer). Thread each skewer as close as possible to center of pieces, to facilitate turning. Season with salt and pepper.
- Broil or grill 6 to 8 inches from heat source, turning often, until slightly browned and pork is cooked through, 12 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:14.53, Glycemic Load:2.65, Inflammation Score:-7, Nutrition Score:15.3013042678%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 145.97kcal (7.3%), Fat: 5.1g (7.85%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.56g (2.02%), Sugar: 5.67g (6.3%), Cholesterol: 55.28mg (18.43%), Sodium: 325.04mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.2g (36.41%), Vitamin B1: 0.87mg (57.73%), Vitamin C: 38.14mg (46.23%), Selenium: 28.49µg (40.7%), Vitamin B6: 0.74mg (37.19%), Vitamin B3: 5.96mg (29.81%), Phosphorus:

223.02mg (22.3%), Vitamin B2: 0.32mg (18.77%), Vitamin A: 938.7IU (18.77%), Potassium: 411.47mg (11.76%), Zinc: 1.73mg (11.51%), Vitamin B5: 0.83mg (8.33%), Magnesium: 30.38mg (7.59%), Vitamin B12: 0.44µg (7.37%), Vitamin E: 0.94mg (6.24%), Iron: 1.11mg (6.17%), Copper: 0.09mg (4.43%), Manganese: 0.08mg (4.12%), Fiber: 0.97g (3.88%), Folate: 14.33µg (3.58%), Vitamin K: 2.63µg (2.5%), Vitamin D: 0.26µg (1.7%), Calcium: 12.54mg (1.25%)