



Marinated GREY POUPON Pork Kabobs



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp grey poupon harvest coarse ground mustard
- 6 cups rice white hot cooked
- 1.5 lb pork tenderloins cut into 1-inch pieces
- 2 pasilla peppers red cut into 1-inch squares
- 0.5 cup tuscan house dressing italian kraft

Equipment

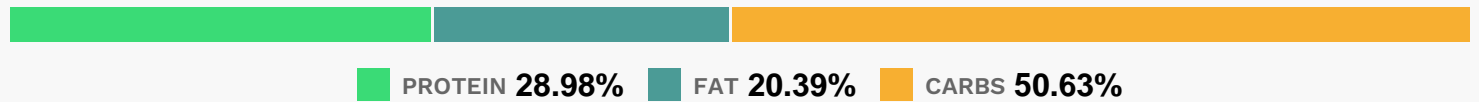
- grill
- ziploc bags

skewers

Directions

- Preheat grill to medium heat. Pierce meat several times with fork; place in resealable plastic bag.
- Mix dressing and mustard; pour over meat. Seal bag; turn over several times to evenly coat meat with dressing mixture. Refrigerate 15 min. to marinate.
- Drain; discard bag and marinade.
- Thread meat onto six skewers alternately with the peppers.
- Grill 8 to 10 min. on each side or until meat is cooked through.
- Serve with the rice.

Nutrition Facts



Properties

Glycemic Index:3.84, Glycemic Load:6.45, Inflammation Score:-2, Nutrition Score:3.3478260804778%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.58kcal (2.68%), Fat: 1.18g (1.82%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 6.38g (2.32%), Sugar: 0.52g (0.58%), Cholesterol: 9.83mg (3.28%), Sodium: 41.55mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Vitamin B1: 0.16mg (10.49%), Selenium: 6.45µg (9.21%), Vitamin C: 6.78mg (8.22%), Vitamin B6: 0.15mg (7.64%), Vitamin B3: 1.14mg (5.71%), Manganese: 0.11mg (5.55%), Phosphorus: 48.29mg (4.83%), Vitamin B2: 0.06mg (3.45%), Vitamin A: 167.31IU (3.35%), Zinc: 0.41mg (2.7%), Potassium: 81.15mg (2.32%), Vitamin B5: 0.23mg (2.27%), Magnesium: 7.7mg (1.92%), Vitamin K: 1.73µg (1.65%), Copper: 0.03mg (1.49%), Vitamin B12: 0.08µg (1.31%), Iron: 0.23mg (1.27%), Vitamin E: 0.18mg (1.23%)