



Mojo pork skewers with Cuban coolers

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp olive oil
- ☐ 6 garlic clove crushed finely
- ☐ 1 tsp cumin seeds crushed
- ☐ 2 orange juice
- ☐ 2 juice of lime
- ☐ 1 pinch thyme sprigs fresh generous
- ☐ 500 g pork tenderloins diced lean
- ☐ 6 servings ice crushed

- ☐ 5 juice of lime halved sliced to serve
- ☐ 85 g sugar
- ☐ 990 ml lager chilled
- ☐ 1 l ginger ale chilled

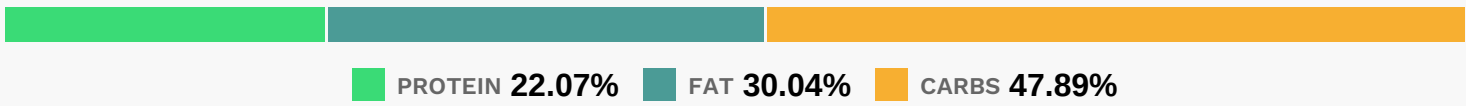
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ To make the skewers, pour the oil into a large heavy-based pan, add the garlic and cook over a low heat until cooked and starting to toast take care not to burn. Tip in the cumin, stir briefly, then add the citrus juices, thyme and some seasoning. Allow to boil for several mins to concentrate and make a sauce. Cool.
- ☐ Put your pork into a bowl, and stir in three-quarters of the cooled marinade. Leave to marinate for 1 hr at room temperature or overnight in the fridge.
- ☐ When ready to serve, thread the pork onto 18 pre-soaked wooden skewers. Griddle for 2 mins on each side or until cooked. Arrange on a platter, pour over the remaining sauce and serve garnished with orange wedges.
- ☐ To make the coolers, put a handful of crushed ice into each of 6 tall glasses. Stir the lime juice and sugar together until the sugar dissolves, then tip into the glasses. Divide the lager, then the ginger ale between the glasses, top with lime slices and serve with the pork skewers.

Nutrition Facts



Properties

Glycemic Index:50.93, Glycemic Load:22.78, Inflammation Score:-6, Nutrition Score:14.878260923469%

Flavonoids

Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg 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: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 378.73kcal (18.94%), Fat: 11.34g (17.45%), Saturated Fat: 1.89g (11.78%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 40.41g (14.7%), Sugar: 31.24g (34.72%), Cholesterol: 54.17mg (18.06%), Sodium: 64.77mg (2.82%), Alcohol: 6.42g (100%), Alcohol %: 1.64% (100%), Protein: 18.76g (37.51%), Vitamin B1: 0.87mg (58.32%), Vitamin B6: 0.78mg (39.16%), Selenium: 27.4µg (39.15%), Vitamin B3: 6.58mg (32.91%), Vitamin C: 21.49mg (26.05%), Phosphorus: 243.53mg (24.35%), Vitamin B2: 0.34mg (20.27%), Potassium: 478.32mg (13.67%), Zinc: 1.77mg (11.77%), Vitamin E: 1.63mg (10.84%), Magnesium: 41.11mg (10.28%), Vitamin B5: 0.87mg (8.71%), Iron: 1.57mg (8.7%), Vitamin B12: 0.46µg (7.63%), Copper: 0.14mg (7.23%), Manganese: 0.12mg (5.95%), Vitamin K: 5.92µg (5.64%), Folate: 19.51µg (4.88%), Calcium: 31.86mg (3.19%), Vitamin A: 63.01IU (1.26%), Fiber: 0.28g (1.13%), Vitamin D: 0.17µg (1.11%)