



Molasses-Balsamic Pork Kabobs With Green Apples and Peppers



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1 apples i use 2 granny smith apples cut into eighths
- ☐ 1.5 lb pork tenderloin trimmed cut into 1 1/2-inch pieces
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 teaspoons pepper
- ☐ 1 large bell pepper red cut into 1-inch pieces
- ☐ 2 medium size onions red cut into eighths

- ☐ 2 teaspoons lawry's seasoned salt
- ☐ 12 inch metal skewers
- ☐ 12 inch metal skewers

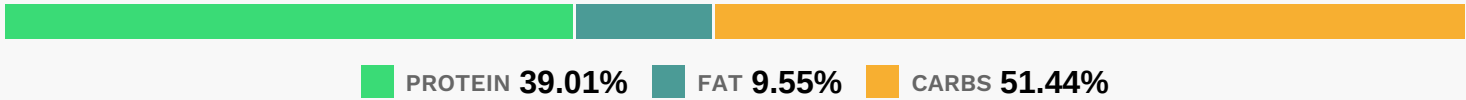
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high). Thread pork and next 3 ingredients alternately onto skewers, leaving 1/4 inch between pieces.
- ☐ Sprinkle kabobs with seasoned salt and pepper. Stir together molasses and vinegar.
- ☐ Grill kabobs, covered with grill lid, over 350 to 400 (medium-high) heat 12 minutes, turning after 6 minutes. Baste kabobs with half of molasses mixture, and grill 3 minutes. Turn kabobs, baste with remaining half of molasses mixture, and grill 3 more minutes or until done.

Nutrition Facts



Properties

Glycemic Index:36.17, Glycemic Load:12.42, Inflammation Score:-8, Nutrition Score:23.795652306598%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg, Quercetin: 8.72mg

Nutrients (% of daily need)

Calories: 253.62kcal (12.68%), Fat: 2.68g (4.12%), Saturated Fat: 0.85g (5.29%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 30.38g (11.05%), Sugar: 28.43g (31.59%), Cholesterol: 73.71mg (24.57%), Sodium: 851.09mg (37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Vitamin B1: 1.18mg (78.72%), Vitamin B6: 1.21mg (60.36%), Selenium: 40.17µg (57.39%), Vitamin C: 39.1mg (47.39%), Vitamin B3: 8.19mg (40.93%), Manganese: 0.64mg (31.81%), Phosphorus: 312.95mg (31.29%), Potassium: 1027.06mg (29.34%), Magnesium: 109.48mg (27.37%), Vitamin B2: 0.43mg (25.33%), Vitamin A: 876.57IU (17.53%), Zinc: 2.39mg (15.91%), Iron: 2.82mg (15.64%), Copper: 0.28mg (13.91%), Vitamin B5: 1.34mg (13.45%), Vitamin B12: 0.58µg (9.64%), Fiber: 2.09g (8.38%), Calcium: 81.71mg (8.17%), Folate: 20.56µg (5.14%), Vitamin E: 0.75mg (5%), Vitamin K: 3.24µg (3.09%), Vitamin D: 0.23µg (1.51%)