



Molasses-Balsamic Pork Kabobs With Green Tomatoes and Plums



Gluten Free



Dairy Free

READY IN



38 min.

SERVINGS



6

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 medium size tomatoes green cut into eighths
- ☐ 1.5 lb pork tenderloin trimmed cut into 1 1/2-inch pieces
- ☐ 0.5 cup blackstrap molasses
- ☐ 2 teaspoons pepper
- ☐ 4 large plums quartered
- ☐ 2 medium size onions red cut into eighths

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

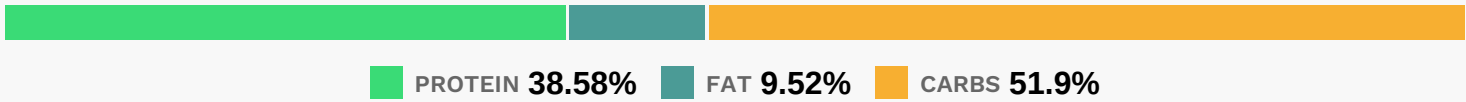
Equipment

- ☐ 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.
- ☐ Molasses-Balsamic Chicken Kabobs With Green Tomatoes and Plums: Substitute 1 1/2 lb. skinned and boned chicken breasts for pork. Proceed with recipe as directed.
- ☐ Molasses-Balsamic Turkey Kabobs With Green Tomatoes and Plums: Substitute 2 (3/4-lb.) turkey tenderloins for pork. Proceed with recipe as directed.
- ☐ Molasses-Balsamic Pork Kabobs With Green Apples and Peppers: Substitute 1 Granny Smith apple, cut into eighths, and 1 large red bell pepper, cut into 1-inch pieces, for plums and green tomatoes. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:31.94, Glycemic Load:12.68, Inflammation Score:-7, Nutrition Score:22.606086979742%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg, Epicatechin 3–gallate: 0.33mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 260.41kcal (13.02%), Fat: 2.75g (4.23%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 31.89g (11.6%), Sugar: 30.13g (33.48%), Cholesterol: 73.71mg (24.57%), Sodium: 855.03mg (37.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.08g (50.16%), Vitamin B1: 1.2mg (79.85%), Vitamin B6: 1.16mg (58.06%), Selenium: 40.31µg (57.58%), Vitamin B3: 8.28mg (41.4%), Manganese: 0.66mg (32.94%), Phosphorus: 321.02mg (32.1%), Potassium: 1089.65mg (31.13%), Magnesium: 111.86mg (27.97%), Vitamin B2: 0.43mg (25.14%), Vitamin C: 16.49mg (19.98%), Copper: 0.33mg (16.37%), Iron: 2.95mg (16.36%), Zinc: 2.38mg (15.85%), Vitamin B5: 1.5mg (15.04%), Vitamin B12: 0.58µg (9.64%), Calcium: 85.95mg (8.59%), Vitamin A: 419.4IU (8.39%), Vitamin K: 8.19µg (7.8%), Fiber: 1.86g (7.44%), Vitamin E: 0.53mg (3.56%), Folate: 12.97µg (3.24%), Vitamin D: 0.23µg (1.51%)