



Molasses-Balsamic Turkey Kabobs With Green Tomatoes and Plums



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 medium size tomatoes green cut into eighths
- ☐ 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

- ☐ 1.5 lb turkey tenderloins cut into 1 1/2-inch pieces
- ☐ 12 inch metal skewers
- ☐ 12 inch metal skewers

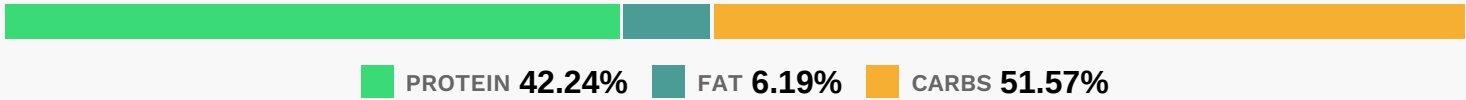
Equipment

- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in water 30 minutes.
- ☐ Preheat grill to 350 to 400 (medium-high). Thread turkey 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:31.94, Glycemic Load:12.68, Inflammation Score:-6, Nutrition Score:8.3417390636776%

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

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: 258.3kcal (12.91%), Fat: 1.8g (2.77%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 33.75g (11.25%), Net Carbohydrates: 31.89g (11.6%), Sugar: 30.13g (33.48%), Cholesterol: 50.62mg (16.87%), Sodium: 870.86mg (37.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.29%), Manganese: 0.64mg (32.09%), Magnesium: 81.24mg (20.31%), Vitamin C: 16.49mg (19.98%), Potassium: 637.19mg (18.21%), Vitamin B6: 0.28mg (14%), Copper: 0.23mg (11.26%), Iron: 1.83mg (10.19%), Vitamin A: 419.4IU (8.39%), Calcium: 80.28mg (8.03%), Vitamin K: 8.19µg (7.8%), Selenium: 5.38µg (7.69%), Fiber: 1.86g (7.44%), Vitamin B5: 0.54mg (5.45%), Vitamin B1: 0.07mg (4.4%), Phosphorus: 40.93mg (4.09%), Vitamin B3: 0.7mg (3.5%), Folate: 12.97µg (3.24%), Vitamin B2: 0.04mg (2.32%), Vitamin E: 0.28mg (1.9%), Zinc: 0.23mg (1.57%)